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KEEPING THE AUDIENCE LAUGHING
CHRIS ROCK SET FOR BROADWAY {page 9}

TWITTER LAWSUIT COSTING LOVE BIG
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News worth sharing.

Sweet. Save

▶ Calgary Flames goalie Miikka Kiprusoff blocks a shot during first-period NHL hockey action in Calgary last night. The Flames won 3-2. Story, page 16.

Flames take home another win

Royal scandal fit for a prince

Buckingham Palace deals with Prince Andrew's actions {page 5}

Sherman offers to give proof

Says papers prove doctors were paid millions to stay quiet {page 3}

Homes ravaged by water from broken main

At least 13 houses damaged, 1 perhaps permanently ◐ Residents frustrated with assistance from fire department ◐ More flooding possible from frozen water

JEREMY NOLAIS
@METRONEWS.CA

Families in Calgary's northwest are left wondering how to pick up the pieces after an enormous surge of water from a broken main flooded their houses Saturday afternoon.

The damage was concentrated to residences along Cambrian Drive, Rosehill Drive and Rosery Drive. One duplex in particular was hit so hard that a sinkhole has formed in the front yard, and the entire foundation has likely shifted.

Jana Moroz lives in that building. She waded out into thigh-high water before seeking refuge in the house next door, owned by Carol and Darren Shaw. "This is such a close-knit community. It really is," Moroz said. "When it happened, everyone from the neighbourhood was out offering to help." Although the Shaws were willing to take Moroz in, they did not escape problems of their own. Around 4:30 p.m., a rush of water up to four inches high came through their back door and down into the basement. "It was like Niagara Falls," Carol said.

JEREMY NOLAIS/METRO

▶ Carol Shaw stands in the water that flooded into her basement after a water main broke Saturday.

The Shaws expressed frustration with the fire department, as they were told they did not have enough water in their basement to warrant the use of pumps, as was done in the Moroz residence.

Several requests for comment were made to the fire department yesterday, but no one was available as of press time.

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AMVIC LICENSED

Compromise likely on secondary suites

Across-the-board approval not likely: Ald. Pootmans Public can't speak on issue in today's meeting

KATIE TURNER
CALGARY@METRONEWS.CA

Aldermen advocating for secondary suites may have to make some compromises to see movement on the issue heading into today's debate.

Unlike many of their colleagues, aldermen Jim Stevenson and Richard Pootmans have been hesitant to take a firm stance on administration's recommendations to allow suites in all residential areas. However, both said they're looking forward to making some changes to the proposition.

"I've got some ideas," said Pootmans. "As is widely published, we don't have the votes right now at council, and so we're looking at other alternatives moving forward."

Stevenson said ideas have been brought forward, including piloting suites in one area of the city first.

"I'm going to listen to what everybody says tomorrow, and maybe (there will be) an amendment or something that will help me make up my mind."

Mayor Naheed Nenshi said he's still optimistic council will make some headway on the issue.

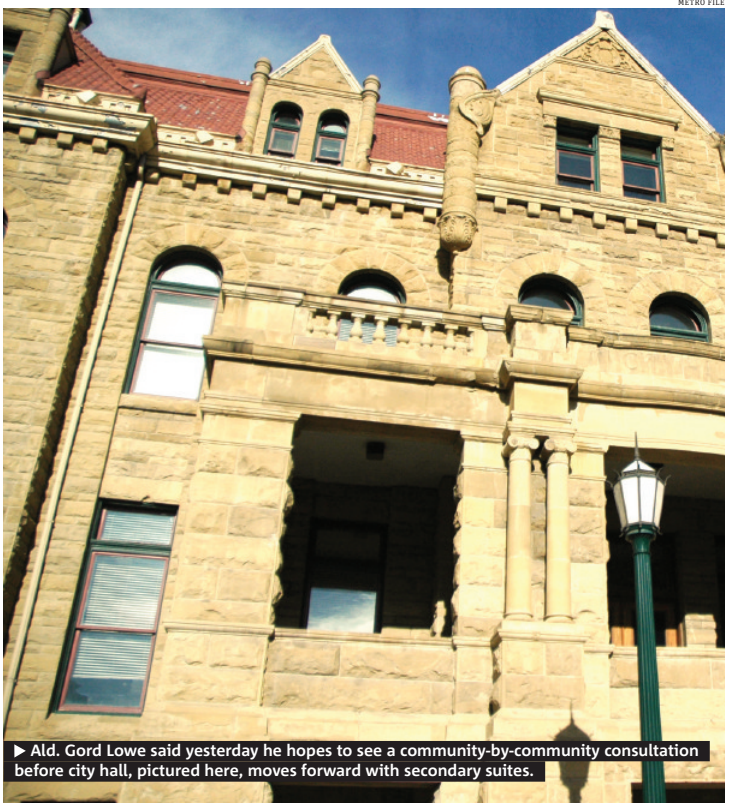
"I'm hopeful that we'll be able to go for the touchdown pass on this one, but really, as far as I'm concerned, anything that moves the ball down the field is a good thing."

For and against

Ald. Richard Pootmans said that as of yesterday he had 107 calls to his ward office opposing secondary suites and 81 calls in favour.

A survey released Thursday by the University of Calgary Students' Union stated 75 per cent of Calgarians support secondary suites in their own neighbourhood.

METRO FILE



▶ Ald. Gord Lowe said yesterday he hopes to see a community-by-community consultation before city hall, pictured here, moves forward with secondary suites.

Sherman set to give evidence

After making claims the province attempted to hush up hundreds of cancer-patient deaths, MLA Dr. Raj Sherman will have the opportunity to present evidence to back up his statements.

Sherman has said he would table documents today proving doctors were paid millions to stay silent, but has requested the government protect his sources, which they haven't agreed to.

250 The number of lung-cancer patients Sherman is alleging died waiting for surgery between 2003 and 2006.

Minister of Health Gene Zwozdesky has reportedly met with the auditor general of Alberta and he said they've found no evidence to back up Sherman's claims. METRO

CONTRIBUTED

▶ Raj Sherman

News in brief

CP train hits man in car

A Calgary man is recovering in hospital with non-life-threatening injuries after his car was hit by a CP train near Crossfield, 40 kilometres north of Calgary, late Saturday evening. According to reports, the driver was stopped on the tracks in his Toyota when it was hit by the train just after 9:00 p.m. No one else was injured. METRO

Man in hospital after stabbing

A 23-year-old man is now in stable condition in hospital after being stabbed during an altercation on 7th Street and 2nd Avenue Southwest at around 2:00 a.m. yesterday, according to police. METRO

1 news

Three weeks after Mubarak's exit, Egyptian anger turns toward state security agency.

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Guidy Mamann on how our immigration policies have changed under the Tories. More at metronews.ca/immigration

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Animal houses at universities change rules across country

Toronto councillor trying to impose stricter rules on fraternities, which are accused of disturbing neighbours

"Don't feed students drinks; may cause vomiting and destruction." If there were warning signs in dorms at Canadian universities, this is what they would say as schools tighten rules around dorm parties.

Officials at Toronto's Ryerson University say they're taking steps to discipline students after an "out-of-control" party in one residence racked up a costly cleaning bill, mostly for deep cleaning vomit from carpets and sweeping up broken glass.

Some University of Toronto students lost access to their residence common room for several weeks after revellers smashed windows and broke a bathroom door.

At Ottawa's Carleton University, administration seized control of Frosh Week last fall after things got out of hand at previous years' festivities.

$4,000
Students at Toronto's Ryerson University laid waste to the sixth floor of a residence building on Feb. 2, racking up a $4,000 bill.

And the University of British Columbia students' union has cancelled a weekly cheap-beer night after the RCMP were called in to investigate underage drinking.

Student housing manager Chad Nuttall says Ryerson may implement community billing or remove guest privileges for students living on the damaged floor.

Some students say that with strict rules they feel policed, and they do not feel at home in residence.

"Because if you were in your home you wouldn't break lights or punch holes in the wall," said Ryerson student Rebecca Zanussi.

Toby Whitfield, president of the Ryerson students' union, says Ontario students living in residence are excluded from the majority of Ontario's Landlord and Tenant Act.

"The reality is that residence students don't really have any rights," Whitfield said.

The union is working with other student organizations to try to get the act amended, Whitfield said.

THE CANADIAN PRESS

Clashes mount toward civil war in Libya

EMILIO MORENATTI/THE ASSOCIATED PRESS

▶ Men try to reach food yesterday during a food and supplies handout in a refugee camp in Ras Ajdir, Tunisia, at the Tunisian-Libyan border.

Libyan helicopter gunships fired on a rebel force advancing west toward the capital along the Mediterranean coastline yesterday, and forces loyal to leader Moammar Gadhafi fought intense ground battles with the rival fighters.

The opposition force pushed out of the rebel-held eastern half of Libya for the first time late last week and has been cutting a path west toward Tripoli.

On the way, they secured control of two important oil ports at Brega and Ras Lanouf, and by yesterday were advancing farther west when they were hit by the helicopter fire and confrontations with ground forces.

The uprising against Gadhafi, which began days after Egyptian President Hosni Mubarak was ousted by protesters, has been sliding rapidly toward civil war, making it the bloodiest episode in the Middle East's wave of unrest.

The protesters-turned-rebels — backed by mutinous army units and armed with weaponry seized from storehouses — are going on the offensive to try to topple Gadhafi's 41-year-old regime.

At the same time, pro-Gadhafi forces have conducted counteroffensives to try to retake rebel strongholds.

THE ASSOCIATED PRESS

Exodus

Some 200,000 people have fled Libya over the past two weeks as fighting stepped up.

- **More than half** of the refugees crossed into Tunisia.
- **Libya had been a magnet** for foreign labourers until the uprising erupted.

Tradition. Hungary

▶ Masked Busho men carry a coffin while marching through the town of Mohacs during the annual Busho Carnival in southern Hungary yesterday.

BELA SZANDELSZKY/THE ASSOCIATED PRESS

Frightening off the Ottomans

The Busho Carnival is an end-of-winter tradition that dates back to the 16th century and Hungary's occupation by the Ottoman empire. Men of the Sokci ethnic group (who today consider themselves Croatian) in Mohacs would dress up in sheep fur and wooden masks in a bid to frighten off their Turkish invaders.

Prince's spotty reputation has royals reeling

Andrew is criticized for his friendship with a convicted pedophile and alleged ties to Gadhafi family

THE ASSOCIATED PRESS FILE

▶ Prince Andrew

As Buckingham Palace prepares to celebrate the wedding of Prince William, officials are rushing to contain a flurry of negative publicity from the side of the family that has long been a source of embarrassment.

Prince Andrew, the Queen's second son, is friends with a convicted sex offender. He has also been accused of having close ties to Moammar Gadhafi's regime in Libya. And his hosting of the son of Tunisian dictator shortly before a popular uprising drove him from power led in part to calls for the Duke of York to be stripped of his role as special U.K. trade ambassador.

British officials have rallied to the royal's defence, with the foreign secretary expressing his "confidence" in Andrew and a U.K. trade official saying he does a "very valuable job."

The latest revelations in the British media have centred on Andrew's friendship with convicted pedophile Jeffrey Epstein and claims that Andrew also had close ties to Saif al-Islam Gadhafi, one of the Libyan leader's sons.

Andrew has also drawn criticism for reportedly taking lavish trips.

THE ASSOCIATED PRESS

EXTREME WEATHER

Few hurt, mom killed in tornado

Officials worked to get people back into their homes yesterday, the day after a tornado ripped through Rayne, a southwestern Louisiana town, killing a mother who was shielding her son from the fierce winds.

Some 1,500 people were unable to return to their homes in the community about 110 kilometres west of Baton Rouge, said Rayne Police Chief Carroll Stelly.

About 150 homes were damaged or destroyed as winds topped 217 km/h, leaving at least 12 with non-life-threatening injuries. Others could not return to their homes because workers were still surveying damage.

The home where Jalisa Granger, 21, died was completely crushed by part of an oak tree. She, her toddler and her mother all had to be pulled from the wreckage.

THE ASSOCIATED PRESS

East Coast Rapist case goes to trial

DNA testing has led to the arrest of an unemployed truck driver in the U.S. East Coast Rapist case, in which 17 women from Virginia to Rhode Island were sexually assaulted over the past 12 years, police said.

Aaron Thomas, 39, was arrested Friday in Connecticut.

He is scheduled to appear in court today.

THE ASSOCIATED PRESS

Investors eye price of oil, bank earnings

- No sign of prices dropping, Manulife analyst says
- Crude up 16 per cent over past two weeks

Commodity prices driven higher by unrest in Libya and the Middle East and the last of Canada's big banks to report first-quarter earnings will drive the Toronto stock market this week.

"Economic data are positive, earnings are very positive. So company results are fantastic and support higher levels in the markets," said Phillip Petursson, director of institutional equities at Manulife Asset Management.

At the same time, there are real concerns that the turmoil in Libya could spread to other oil-rich countries in the Middle East, but so far the uncertainty hasn't dented investor enthusiasm. Crude finished last week at about $104 US, up 16 per cent over the past two weeks to a point where some analysts are starting to worry about how higher prices could affect the global recovery.

Meanwhile, Bank of Nova Scotia reports its first-quarter earnings tomorrow.

The financial sector was instrumental in the TSX, racking up a gain of about 1.4 per cent last week as Bank of Montreal, Royal Bank and TD Bank beat expectations. TD also boosted its dividend, raising hopes for the rest of the sector.

Scotiabank is widely expected to report a dividend increase as well.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 38.05 (14,252.77)	+ 0.05¢ (102.91¢ US)
Oil	**Natural gas**
+ $2.51 US ($104.42 US)	1,000 cu ft $3.809 US (+ 3.1¢ US)
	Gold contracts $1,428.60 US (+ $12.20)

Sugar. Daddy

▶ University of Vermont researcher Peter Purinton taps a check valve into a maple tree in Huntington, Vt.

TOBY TALBOT/THE ASSOCIATED PRESS

Tapping into a sweet deal

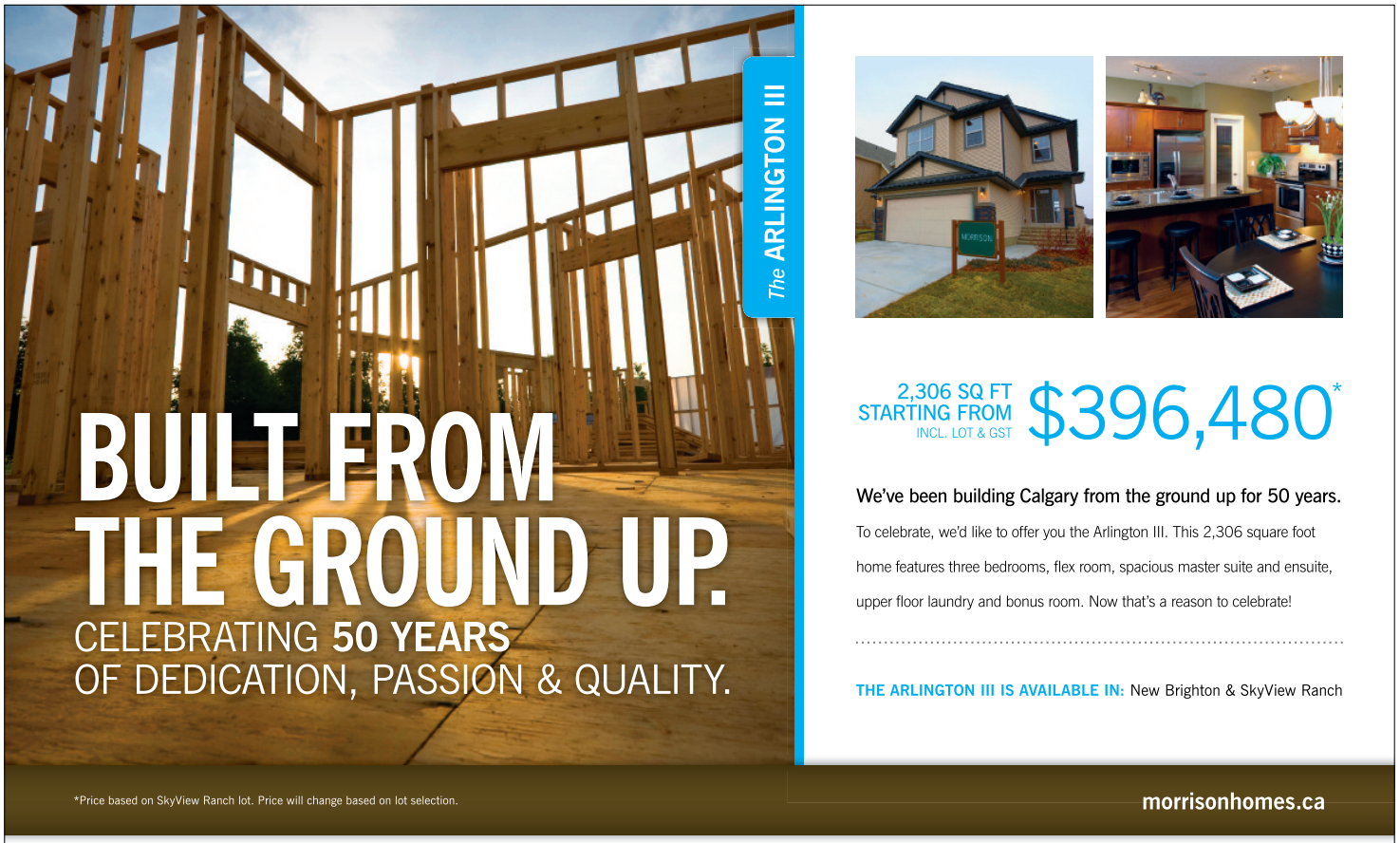
An inch-long adapter that sells for about 35 cents US is raising hope among New England maple syrup producers that it could extend the six-week sugaring season. When plugged into tap holes, the adapter helps reduce the amount of sap flowing back into trees from the vacuum tubing used to carry it to sugarhouses for boiling into syrup. Timothy Perkins, director of the University of Vermont's Proctor Maple Research Center, who helped develop it, said almost all of the producers who used it last year were game to try it again this season.

China vows sweeping economic reforms

China has vowed an economic overhaul that would raise the status of consumers and entrepreneurs. As part of a sweeping plan announced yesterday, Beijing wants to nurture self-sustaining growth driven by consumption and develop service and high-tech industries, Premier Wen Jiabao said. But analysts cautioned that to achieve this goal Beijing will have to cut subsidies and low-cost bank loans to state companies and other vested interests, which could trigger a backlash within the Communist Party. THE ASSOCIATED PRESS

5

"In the next five-year plan period, we will focus on improving people's livelihood": Zhang Ping, National Development and Reform Commission.



THE CASUALTIES OF MINOR HOCKEY

Urban Compass

JANICE PASKEY

You won't find them on the news.

They are not Sidney Crosby or Bob Probert. Crosby is out of NHL play with a concussion; last week Probert's posthumous brain scan showed the devastating effect of head blows.

You won't see Calgary's minor hockey players, who crumple to the ice, head injured. They aren't newsmakers, just casualties to one idea of hockey.

Alberta allows body checking at 11 years old, Grade 6. (Girls hockey and rec leagues don't.)

Body checking is supposed to "separate the player from the puck." But it's often used to intimidate, to hurt, retaliate. Checking (or hitting) is the cause of most injuries in minor hockey.

U of C's Carolyn Emery found Alberta's peewee hockey players (11- and 12-year-olds) sustain three times more injuries, including concussions, than a province without checking at that age.

"A talented Grade 6 child moaning and writhing on the ice with a concussion. It was a clean hit, no penalty."

The developing brain is fragile, and a kid concussed is at risk for learning disabilities and psychiatric problems, Dr. Michael Cusimano and Anthony Marchie argue in an essay that can be found on the website of the Canadian Medical Association Journal. They found serious football injuries to be one half those of hockey.

Researcher Michel-Andre Roy notes that the size difference for teens 13 to 15 is greater than at any other time in their lives. Small players are at greater risk. So medical advice is to eliminate body checking or to delay it until later.

Referees also sustain most injuries from body checking. They get caught in a check or scrum near the boards, with no padding. There's no systematic recording of minor hockey injuries to players — or referees — in Calgary. Unless there's an insurance claim.

Minor hockey playoffs are underway in Calgary this week.

Hockey Calgary's head referee watched my son's game. The opposing team had concussed numerous kids the game before. It happened again: a talented Grade 6 child moaning and writhing on the ice with a concussion. It was a clean hit, no penalty.

Sure, there's the tired party line. Kids should learn to check earlier, it's all about education, better recognition of head injuries, more diligent refereeing.

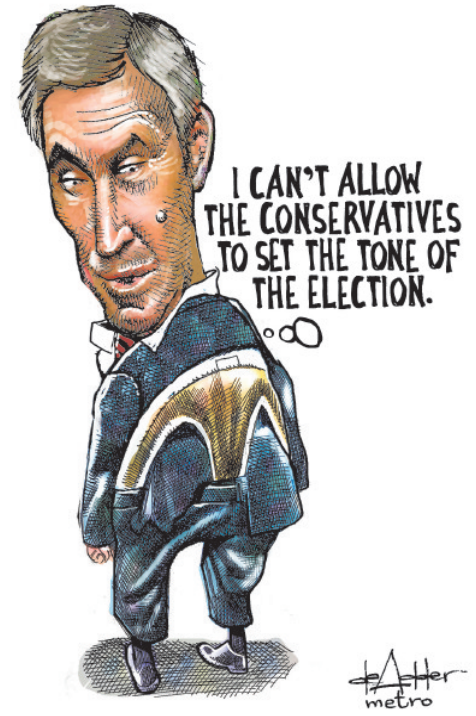
Secretly, I like watching body checking (adrenalin rush!); my son likes the full-contact game.

But entertainment and pleasure can't decide this one. Hockey authorities need to make the right call for the kids.

Getting hurt isn't fun.

Cartoon

MICHAEL DE ADDER



Stuck in the Middleton

Letters & Tweets

RE: Paul Sullivan's column, Family has become a royal bore, published Feb. 23, 2011.

TORONTO. Just thinking about newspaper study, when I was a student — and the expectations — I wondered about a statement recently in the column by Paul Sullivan — about the Prince William and Kate being rather boring — would much rather that this had been edited out — not a nice thing to hear, or for anyone to say.

We have "freedom of speech" — in theory — but not to be rude.

CATHERINE

We asked: Do you really care about the royal wedding?

CALGARY. No, I care little about two people who I do not know personally. With all the crisis in the world today, this wedding is the least of my interests.

DAVID SEEGERTS

TORONTO. My answer is NO. I have more No's to add. I am a proud Canadian citizen now. But one of the issues affecting my pride is:
We should remove the British monarchy from over our heads. We need a referendum for that. It's the biggest "gravy train" we have.

JO THOMAS

Royals' nation

MATT DUNHAM/THE ASSOCIATED PRESS

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Metro Minute with Wanda's Visit

An old flame overstaying her welcome and causing a ruckus in an otherwise happy marriage is the plot of Lunchbox Theatre's latest play.

Wanda's Visit, written by Christopher Durang, promises a healthy dose of both hilarity and insanity.

Featuring Calgary celebrity Dave Kelly, Kerry Ann Doherty, Karen Johnson-Diamond and Ian McFarlane, the play premieres today and runs Monday to Saturday through March 26. Showtimes are 12:10 p.m. daily as well as 6:10 p.m. Friday and 7:30 p.m. Saturday.

Tickets are $18 for adults and $15 for seniors and students. Visit lunchboxtheatre.com.

METRO

CONTRIBUTED

▶ Christopher Durang is the mind behind Lunchbox Theatre's latest play.

2 scene

Brazil. Nothing can stop Carnival.

▶ Members of the Mocidade Alegre samba school march in their parade during Carnival celebrations in Sao Paulo, Brazil, yesterday. Millions of Brazilians are enjoying the sights and sounds of the parade of samba groups during Carnival celebrations in Brazil.

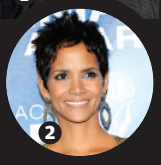
ANDRE PENNER/THE ASSOCIATED PRESS

A little fire is not going to stop samba groups from celebrating Carnival

Despite a fire in early February that ripped through warehouses where three elite samba groups were preparing for Carnival, incinerating more than 8,000 costumes and many of the massive, meticulously decorated floats, the Rio de Janeiro groups were able to join in on Brazil's festivities. The citizens of Rio rallied to help all three groups remake what was lost. This year's Carnival went on as planned for thousands of participants who put on one of the world's most spectacular shows: two nights of lavish parades that took place yesterday in Rio's Sambadrome stadium and are watched by millions in Brazil and abroad. For more, scan the code at right or visit metronews.ca.

News in brief

1



2

1 Terrence Howard won the award for outstanding supporting actor in a drama series for Law & Order: Los Angeles at the 42nd NAACP Image Awards on Friday.

2 Halle Berry won the award for outstanding actress in a motion picture for Frankie & Alice.

THE ASSOCIATED PRESS

Long road inspires Cockburn

When Bruce Cockburn first began crafting his 30th record, he planned to embark on a pretty radical departure.

The 11-time Juno Award winner decided he would temporarily leave his signature literate, intricate folk-rock in the dust and embark on an entirely unfamiliar road.

"I had this notion that I wanted to do something different — after 29 albums of songs, at that point, it was time to do something else," the 65-year-old Cockburn said in a telephone interview from San Francisco.

What, exactly, did he have in mind?

"In the beginning, when I wasn't really myself yet, I played in rock bands. And I missed the noise sometimes. I missed the power of volume," he said. "I've never allowed myself to improvise much ... yet I love improvised music.

"But what happened, of course, was I ended up spending a lot of time with my girlfriend, as people do, in little apartments,

HANDOUT

▶ Bruce Cockburn

where you can't just crank your amps and have your neighbours not lynch you. So the songs that came out just all went in the direction of an acoustic guitar, pretty much."

Yet while he's steered back to familiar terrain, the tunes that comprise Small Source of Comfort do not represent a compromise for the Ottawa folkie.

As he often does, he found inspiration on the road.

Songs including Boundless, Five Fifty-One and The Iris of the World not only incorporate travel imagery into Cockburn's thoughtful-as-always lyrics, but also bounce, roll and churn forward with an ambling rhythm that really does call to mind the expanse of the open road.

"The album was very affected by long-distance driving," said Cockburn, who found himself regularly shuffling between Kingston, Ont., and Brooklyn, N.Y., where his girlfriend lived before moving to San Francisco.

"That's probably the single biggest theme that shows up in the lyrics.

THE CANADIAN PRESS

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Chris Rock: 'How can I be funny this year?'

The answer: star in a play • Comedian set for Broadway debut

How do you top a winter in which you've made fun of Oprah Winfrey to her face, gleefully butchered a classic Simon and Garfunkel song during a telethon and made a guest appearance on Kanye West's mega-selling CD?

If you're Chris Rock, the next stop is Broadway.

"I always look for everything," says the comedian, sitting at a table at the theatre-district hangout Sardi's before rehearsals of his new gritty play by Stephen Adly Guirgis.

"You want to give your audience something funny or something good — that can be anything. It can be a play, it can be a movie," he says. "Hey, I was on Kayne's record! That's funnier than probably anything I've done in a couple of years. You know what I mean? How can I be funny this year?"

CARLOS ALVAREZ/GETTY IMAGES

▶ Chris Rock stars in a new gritty Broadway play by Stephen Adly Guirgis.

The answer now is The Motherf—- With the Hat, a play that Rock describes as "The Honeymooners with drugs." It's about a man on parole and trying to live clean with his volatile girlfriend, who is far from sober. Rock, making his Broadway debut, plays the man's drug counsellor.

"Honestly, it was the best thing I read all last year. It was better than every movie script, every book — it was better than everything ... I read a couple of other plays and thought, 'This is easily the best one I've read.'"

Director Anna D. Shapiro says Rock, 46, is working hard to meld with fellow actors Bobby Cannavale, Elizabeth Rodriguez, Annabella Sciorra and Yul Vazquez.

"The day is filled with a lot of laughing and hard work and generosity, and all of that is because of who he is," she says. "He's refining a skill he already has. He understands the technical demands of that now every day better and better." THE ASSOCIATED PRESS

"People want to work, man ... If you want to act — if you want to be in something of substance — and you're not 19, it's hard."

CHRIS ROCK ON HIS SHIFT FROM FILM TO THE STAGE

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Twitter tirades cost Courtney Love $430K

Singer had accused fashion designer Dawn Simorangkir of theft, having a criminal background

Courtney Love's settlement of a case sparked by online attacks on a fashion designer shows that while Twitter posts may be short, they can also be costly.

The singer has agreed to pay Dawn Simorangkir $430,000 US, plus interest, to settle a lawsuit the designer filed in March 2009 over comments Love made on Twitter and her MySpace blog.

While the case didn't go to a jury, First Amendment experts say it highlights the need for celebrities and average people to watch what they say online.

"People are getting in trouble for Twitter postings on an almost daily basis," said First Amendment attorney Doug Mirell, a partner at Loeb and Loeb who did not handle the case.

"The laws controlling what is and isn't libellous are the same regardless of the medium in which the statements appear," he said.

Simorangkir's attorney, Bryan J. Freedman, agreed, and said Love's settlement should drive that point home.

"The fact is that this case shows that the forum upon which you communicate makes no difference in terms of potential legal exposure," Freedman said. "Disparaging someone on Twitter does not excuse one from liability."

THE ASSOCIATED PRESS

ALL PHOTOS GETTY IMAGES

▶ Courtney Love has settled a case that was to be the first in which a jury decides whether a celebrity's Twitter posts could be considered libel.

Talking points

Arquette's 'dragon's blood'

ACCIDENT. David Arquette's Cadillac crashed head-on with another vehicle in Beverly Hills on Friday, but the actor was not seriously hurt and even joked about the collision on Twitter just a few hours later.

Arquette, 39, was "OK" after the crash, and was on his way to being treated, publicist Cindy Guagenti told The Associated Press in an email.

"I got into a car accident but I'm fine. Luckily I have dragon's blood running through my veins," Arquette quipped on his Twitter account about two hours after the accident. "Haha. Thank you for all your concern."

In another Tweet, he wrote: "Remember to wear your seatbelt — wish I was."

THE ASSOCIATED PRESS

Usher

Usher donates Gadhafi gig fee

CHARITY. Usher said Friday he's "sincerely troubled" to learn he appeared at a concert in St. Bart's linked to Libyan leader Moammar Gadhafi's family and plans to donate his concert fee to human rights organizations.

Earlier this week, Mariah Carey, Beyoncé and Nelly Furtado all renounced their performances at private concerts later revealed to be linked to the family of Gadhafi, whose country is openly revolting against him and who faces an investigation for possible war crimes.

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SAVE, SPEND OR SHARE?
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CALGARY metro®

Monday, March 7, 2011
www.metronews.ca

News worth sharing.

Dollars and Sense

Kids look to their parents to learn how to handle money

When Laurie Campbell took her 12-year-old daughter and a friend of her daughter's to the mall near their Toronto home recently, the friend said she had to spend all of the money she had with her. When Campbell asked why, the little girl replied, "Because if I don't, it'll burn a hole in my pocket!"

Campbell figures the tween picked up that phrase from her parents. "Children are very impressionable," she says. "The cornerstone to having children grow up to become successful money managers is for parents to teach them age-appropriate lessons about money throughout their childhood."

Campbell is the executive director of Credit Canada, a not-for-profit credit counselling and debt management service. She's used to dealing with adults who often have spent years wracking up debt. She insists there's a direct connection between how parents manage (or mismanage) their money and whether their children will grow up to do the same.

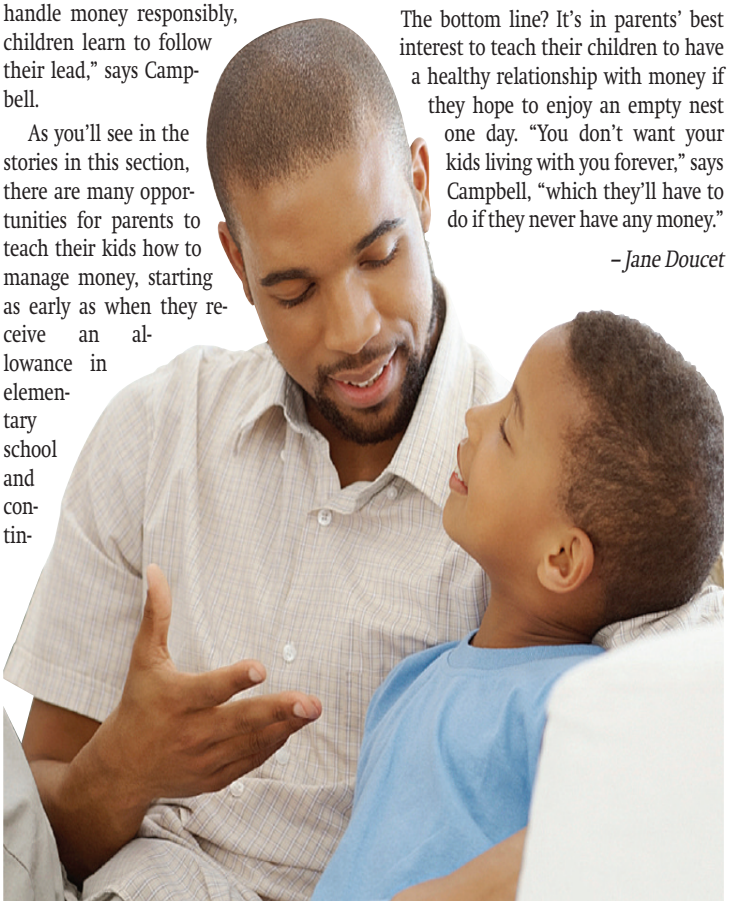
"Children aren't born knowing how to use money wisely," says Campbell. "It takes years of patient teaching and guidance to help them learn to become effective money managers."

While schools spend some time teaching basic financial skills, the home is the main influence on kids' attitudes toward cash. "If parents handle money responsibly, children learn to follow their lead," says Campbell.

As you'll see in the stories in this section, there are many opportunities for parents to teach their kids how to manage money, starting as early as when they receive an allowance in elementary school and continuing when they earn dollars for babysitting or delivering newspapers.

The bottom line? It's in parents' best interest to teach their children to have a healthy relationship with money if they hope to enjoy an empty nest one day. "You don't want your kids living with you forever," says Campbell, "which they'll have to do if they never have any money."

– Jane Doucet



Kids & Money

It's never too early to start teaching your children smart money habits, from making it to saving it to spending it!

So we partnered with BMO Bank of Montreal to offer this Kids & Money special section, with everything you need to know to help your children be money-smart at every age.

Allowances

When do you start?
How much do you give?
What are the rules?
{page K7}

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[1]Promotion runs from March 1 – April 30, 2011 inclusive. A deposit of $25 will be made into the lead account in the youth discounted banking plan within 60 days of the first deposit, and only one $25 bonus will be awarded per bank plan. The first deposit must be a minimum of $25 and made on or before April 30, 2011 to qualify. A balance of at least $25 must be maintained in the account for a minimum of 60 days. A "youth" is defined as under the age of 16. One bonus per child. Current youth discounted plan customers are not eligible for this promotion. ®Registered trade-marks of Bank of Montreal.

Bank on it

Kids can grasp finance basics at an early age. The trick is making it fun.

Nicholas Thomson is a typical 10-year-old. He enjoys playing with computer games, science and hanging out with his dog, Callie. He's also proud of having a bank account. "It makes me feel older, like I've got more responsibility," he says.

Nicholas was eight when he and his mother first opened his account at a bank down the street from their Halifax home. Every week he deposits his $5 allowance in the bank himself. When he needs money to buy something, like the Lego set he bought last year, he uses his own debit card.

"Having a bank account is a great learning experience for young children," says financial advisor Keith Ramey. "It teaches them how to manage their money at an early age. It's a lesson they'll take with them throughout their life."

As president of Ramey Investments Inc. in Dartmouth, N.S., Ramey has been preaching the need for children to get financial education for decades. "I was going into schools 40 years ago to tell educators that we need to put financial planning on the curriculum," he says. "Kids are graduating from high school with no idea how to manage money. That's a huge problem."

Getting young children into savings mode is easier than it sounds; the secret is making a game out of saving. Kids love to collect stamps, dolls and model cars; they also like to sort things, catalog and hoard. By making the saving process visual and participatory using cash, coins, rollers and a piggy bank, they can derive the same kind of fun from money.

But there's more to it than just a great educational experience; there's also the magic of compound interest. "I know people who started putting $15 in the bank every week back in the 1960s who could write a cheque for $1 million today," says Ramey. "If kids start investing early in life, money and compound interest will work in their favour."

– Tom Mason

Some kids don't mind putting money away for a rainy day

If you're human, you've grappled with that tricky push-pull of knowing when to save your money versus when to spend it. So how can parents teach that complicated thought process to their kids? By letting them be responsible for their own piggy bank or bank account, advises Laura Thomas, a financial literacy educator in Delta, B.C.

"Kids need to have money they feel is their own," says Thomas, who blogs about financial literacy and posts educational videos about the subject on YouTube. "They need that sense of control."

While hovering over every cent children handle isn't wise, parents should be available to offer guidance and advice. To help kids distinguish the difference between a want and a need, Thomas recommends the following exercise: go to a grocery or big-box store and ask your child to think about how many things in the store they can live without. She also recommends teaching kids to divvy up their earnings and gift money by spending a certain percentage and saving the rest.

That's what 13-year-old Jayden Kauffman of Langley, B.C., does. He earns money babysitting and cutting the lawn; so far he has saved enough to purchase the latest iPod Touch and is considering buying a laptop with the $700 he has in his bank account.

In addition to saving money for large items, Jayden is putting away funds for university, and his father helps him invest some in stocks and bonds. He also donates a portion of his earnings to Third World charities and his church.

Jayden's parents encourage his practice of spending, saving and sharing. They gave their son a box with three compartments; in it, he dedicates 80 per cent of his cash to the spend category, and 10 per cent each to the save and share categories. Although he feels good about saving and sharing, his really enjoys spending. "I like to save my money so I can buy big things," admits the Grade 8 student.

– Kelly Putter

RULES OF THE GAME

- Encourage children to collect coins in a jar or piggy bank. Then, make it an occasion every month to roll the coins and take them to the bank.
- Get creative by putting up a picture of the child's savings goal on the refrigerator or door of their bedroom. Props are good too, like a fancy electric coin-rolling machine on rolling day or a piggy bank that performs some kind of action when money is deposited.
- Equate saving money with something tangible: a slow, steady progression toward a bike, a Wii console or a trip to an amusement park. College, home ownership and retirement are a long way away and hard for children to relate to. Disney World an easier concept to grasp.

Out of the mouth of kids **"It doesn't matter if you have money or not because your friends are your friends for who you are, not your money."** PATRICK ALVAREZ, 10, BEAMSVILLE, ONT.

Knowledge is Priceless

When we have kids, everyone starts giving us advice. Part of our role as parents is separating good advice from bad, but that can be tough—especially when it concerns a subject like money. Our kids need to know what money is, and how to manage it, but what's the best way to teach them? And how soon should we begin?

The answers require input from two types of experts: those who know children, and those who know money; and they're rarely found in the same place. That's about to change. BMO SmartSteps® for Parents, gives parents the tools, tips and expert advice needed to help them teach their kids the value of money.

"In creating BMO SmartSteps for Parents, we've partnered with some of Canada's leading financial and parenting experts, providing topical and candid advice to help parents teach their kids about money, " says Su McVey, BMO's Vice-President, Customer Communications & Marketing. "Parents will also be able to participate in forums and have conversations with these experts, and other parents, from across the country. Everything is online, so they'll get the information they want, whenever it's most convenient for them. When they need more information, the program puts them in touch with the right people here at BMO. "

No Guesswork

Parents deal with many uncertainties, but when it comes to teaching their kids about money, they don't have to. With BMO SmartSteps for Parents, they can be strategic.

"Moms and dads are very tied to their childrens' money values," says Su McVey, BMO's Vice-President, Customer Communications & Marketing. "If their kids are responsible with money, they feel they've done a good job as parents. Yet many aren't sure how to broach the topic. Today's kids can access information at an incredible speed, from myriad sources, and their attention spans are short."

BMO SmartSteps for Parents gives parents the tips, tools and advice needed to address this. Information on the website is provided by financial and childhood development experts, Alison Griffiths, financial author, journalist and broadcaster, and Alyson Schafer, psychotherapist. Parents can access their advice, as well as participate in forums and discussion groups, dialoguing with other parents who share their own stories.

Because a child's understanding of money develops in phases, BMO SmartSteps for Parents is divided into Ages & Stages. Each Age & Stage section includes relevant articles and webisodes, featuring real families talking about money. There are also links to age-relevant games and activities, ensuring parents and kids get the help they need at just the right time.

In the '5 – 6 Zone', parents can get help teaching their kids what money looks like, what it's used for, how to count it, and how to save for things they want. Kids in the '7 – 8 Zone' are able to spend money, so parents can get advice on teaching them how to manage it and understand the difference between wants and needs. For tweens in the '9 –12 Zone', parents will find guidance in smart spending and saving decisions, including tips about delayed gratification. And for those with teens in the '13 – 15 Zone' (the ones starting to earn real money), parents can take the lead and teach their kids how to effectively manage money and balance conflicting savings goals.

New information is added to the website regularly, and parents never need to miss out on any of it. By signing up for e-alerts, they'll know the moment new content is available. Real-life solutions, whenever parents want them—that's BMO SmartSteps for Parents.

Visit bmo.com/smartparents to access the tools, tips and expert advice needed to help teach kids the value of money.

BMO SmartSteps for Parents is a free resource available to BMO and non-BMO customers alike. Parents can find out more at bmo.com/smartparents, or at their nearest BMO Bank of Montreal branch.

Tips from the Pros

How soon can you start teaching your kids about money? Financial author Alison Griffiths and psychotherapist and parenting expert Alyson Schafer discuss this subject all the time—as two of the guiding minds behind BMO SmartSteps® for Parents, it's part of their job. Their conclusions might surprise you.

1. Can a very young child understand money?

AS: Money doesn't mean much to them. Mostly, they understand that people need money to buy things. However, even toddlers can learn more if parents teach it in a fun, age-appropriate way. For example, a three-year old might learn about the basics of transactions by carrying coins in a purse or passing money to a cashier at the grocery store.

AG: The earlier you teach children about money—by allowing them to handle it and help pay for things—the quicker they'll absorb more complex lessons later on.

2. How long does it take children to develop an 'adult concept' of money?

AS: Some never learn it. I know adults who, even at age 40, don't really grasp that money is 'finite.' That's why they don't have any. There's no better way to teach this lesson than by refusing to replace an allowance your child has lost. It may help them avoid a harder lesson later on.

3. When it comes to respecting money, do children 'learn by example'?

AG: Role models can be a powerful influence, but many kids rebel against them at some point. If you set a money-smart example, but also allow your children to make decisions and be hands-on with their money, the lesson usually sticks. Thrifty parents who do all the financial thinking for their kids don't always produce thrifty kids.

4. Is there a difference between being 'good with money' and truly understanding how it works?

AG: Being 'good with money' entails paying attention to it, which includes understanding various kinds of financial transactions. However, there's a difference between being a smart spender/diligent saver and truly understanding how credit, interest, and investing works.

5. There are many classic strategies for teaching children the value of money. Are they still applicable today?

AG: Whatever the approach, I believe in 'show, talk, and do' when it comes to teaching kids about money. 'Show' them financial transactions occurring—from buying groceries to buying cars. 'Talk' about making financial decisions—the pros and cons, what is affordable, what is not. Then let them create their own financial world, with allowances, gifts of money, and earned money. Kids must have the opportunity to handle money themselves, or they can't learn good financial behaviour.

6. Part of knowing the value of money is knowing the right time to spend it. How do you impart this complex lesson to children? You don't want them to be over-spenders... or misers.

AS: I tie everything to a budget and emphasize living within your means. Being aware of both your spending and earnings is complex enough for people of any age!

AG: Children learn when to spend and save by setting goals. Saving a year's worth of allowance for a snowboard is easier if they first saved a month's worth for a book.

7. Do parents often try to teach money concepts to children not yet old enough to grasp them?

AS: No—more often they delay starting, opting instead to focus on the classic '3 R's' (plus extra-curricular activities like piano and karate), instead.

AG: Too often we overload our kids with adult concepts. But kids' brains have their own filtering systems about money—they'll grasp what they can and ignore the rest. The best way to determine if you're giving kids information they can't understand is to ask them questions, or simply watch their financial behaviour and listen to what they say about money following the lesson.

8. Is it OK to let children make mistakes with money, just to teach them a lesson?

AS: Yes! One of my daughters took her wallet to the grocery store and somehow lost $200.00 on the way home. I didn't replace it, and now she's more careful. And my eldest told me that paying off her cellphone bill was her proudest moment, even though it took her a long time. You have money and you're responsible for it. That is life!

9. Is there any value in punishing children for wasting money?

AS: No! Children learn better without fear. Adding insult to injury does nothing; in fact, it just distances children from the cause of the punishment and focuses them on resenting you.

AG: When possible, let them make their own mistakes—after all, the punishment's built in. By blowing their savings on an impulse purchase, they have nothing left for their other wants.

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For all kids know, money could grow on trees. As they get older, parents can introduce real concepts like saving, earning and spending.

Little money lies

Should you tell the truth about the "cash fairy"?

Paul Lermitte, a Vancouver-based financial planner and author of Allowances, Dollars and Sense, recalls how one of his three sons, who was seven at the time, responded when Lermitte didn't have any money with him to buy a slushie. "He told me to go to the ATM machine and get some 'free money,' " says Lermitte.

Most kids don't know where money comes from—it could grow on trees, for all they know. Many parents indulge their children's belief in the Tooth Fairy and Santa Claus, two fictional characters with a generous streak and deep pockets. But how far should the financial fibbing go? And when should parents start telling kids the truth?

"We often tell our kids what we can or can't afford and the reasons why," says Jennifer Mallory, a Hamilton, Ont., high school teacher and the mother of a seven and four-and-a-half year old. So when her daughter wanted to take part in an after-school science camp after Christmas, Mallory said no, explaining that their family has less money after Christmas because of gifts and entertaining. "I also reminded her that we value going away each summer, so it's our priority to save for that," says Mallory.

By school age, parents can start talking about spending and saving. "By about age 6, kids are interested in money, and they start participating in being consumers," says Lermitte. "From ages five to seven, you can start teaching kids about saving or earning money to spend on treats, movies or to blow on vacation."

Between ages eight and 10, parents can start involving kids in spending decisions, such as clothing purchases. With teens, parents can discuss more about the cost of purchases and salaries in relative terms; for example, which professions earn more or less. As for the Tooth Fairy and Santa? Kids will figure that out on their own when the time is right.

– Angela Pirisi

Money talks

Teaching kids about financial responsibility is all in what you say

Plenty of kids would tongue-trip on the words "financial responsibility," but that doesn't mean they shouldn't learn about it. The key to unlocking the deep, dark secret of fiscal accountability is open communication, says Preet Banerjee, a Toronto-based personal finance expert who writes about money at www.wheredoesallmymoneygo.com and will soon be hosting his own financial TV show on the W Network.

"When children don't understand that money doesn't grow on trees, it's because their parents don't share [the appropriate information] with them," says Banerjee. "I'm not talking about telling kids about variable versus fixed-rate mortgages when they're five. But you can talk to them about trade-offs. Once they understand that concept, that's half the battle."

Parents should start with simple lessons. A visit to the toy store with $10 will invariably lead to some difficult but educational opportunities for instruction on what it can buy and how best to spend it.

A former financial advisor, Banerjee often asked potential clients how they talked to their own parents about money. Many clients told him the topic caused a high level of discomfort in their households. "In a lot of families money is a taboo subject, even more than the birds and the bees," says Banerjee. "That's part of the problem." 'Banerjee believes that's one reason Canadians are currently facing a credit crisis. Some reports indicate that baby boomers approaching retirement haven't saved enough to ensure their financial stability once they stop working. So they may accumulate new credit card debt to deal with increasing inflation and cost of living; they'll then pass those debts on to their children.

Fortunately, some kids are natural savers, but they need to be reminded that you don't squirrel away cash just to accumulate a mountain of money—rather, that money is a tool for something, and savings are put away for a specific reason. Spenders need a different motivation; if they want to attend that Justin Bieber concert, they'll need to save the $100 to buy a ticket.

Contributing to the problem surrounding financial literacy is that schools barely broach the topic, though some headway is being made in a few provinces. "Part of the reason why some people are up to their eyeballs in debt and going bankrupt is because no one taught them this stuff," says Banerjee. "It's under the radar because people don't talk about it, and they should."

– Kelly Putter

DISCUSS COMPARATIVE VALUE

When children have learned addition and subtraction, discuss relative costs, such as how staying at a hotel costs more than camping.

LET KIDS HANDLE CASH

When you're in a store, let you child give the $20 bill to the cashier, so he or she can learn the concept of exchanging money for goods.

TELL THEM IT'S GOOD TO DREAM

Let your children know you're saving for their education, and that you'll need money to achieve the goals you have for them. It teaches kids to plan ahead and save for things they want.

Out of the mouth of kids

"If I see something I really like, like books or sheets for my bed, I get it. I like things that last instead of a willy-nilly thing that won't last, like candy."

MEGAN YORKE, 7, SHERWOOD PARK, ALTA.

Yearn to earn

Introduce kids early to the concept of work

The reason David Fulton works is a far cry from the "me, me, me" you'd expect from a typical 13-year-old. "I love buying people gifts, and I love making other people happy," says David, a Grade 8 student in Burlington, Ont.

In fact, David, who buses tables part-time in a restaurant called Harvest Table and delivers newspapers, recently treated his family of five to an overnight stay in Niagara Falls. "The room had a great view of the Falls," he says. The cost of the hotel room? $400. The payoff for David? Priceless.

David is entering the work world at the right age, according to Kelley Keehn, an Edmonton-based financial expert who has written seven books about money. The legal age kids can work in Canada ranges from 12 to 14, depending on the province, the type of work and the hours worked.

Keehn recommends that parents start introducing their children to the concept of work as early as age five by assigning household chores, such as setting and clearing the table. Older kids between 10 and 12 should be encouraged to work outside the home mowing a neighbour's lawn, babysitting or helping a senior with chores. More enterprising children might hold a yard sale or post old toys on Kijiji.

Parents should try to hone in on the things their kids are good at, advises Keehn. For example, if you have a little foodie on your hands, consider taking a booth at a farmers' market. If your child is an avid reader, think about staging a book sale to raise money for a charity. Techno-wizards might want to teach a basic computer class at a seniors' centre.

Once kids start earning money, Keehn suggests they divide it into three piggy banks or savings accounts with one allocated for enjoyment such as treats, one for short-term purchases such as a ski trip and one for long-term purchases such as a first car or post-secondary education.

But keep in mind that homework must always come before paying work. "If a child's grades start to suffer or they're becoming stressed by a part-time job," says Keehn, "it's time to scale back the responsibility." *– Kelly Putter*

Making allowances work

Weekly cash helps give kids financial freedom and responsibility

For Emma Swaine, feeling independent and being able to shop with friends is the best part about getting a weekly $5 allowance. "I like having my own money," says Swaine, who is 14 and lives in Prospect Bay, N.S. "And I'm free to do what I want with it."

Allowances are a great way to help kids learn basic money-management skills. "It gives them a feeling of responsibility and ownership," says Sara Dimerman, a Toronto-based child-and-family therapist.

While some experts advocate starting to dole out the dough when kids begin school, Dimerman recommends age nine or 10. "That's when children are trying to create a sense of independence," she says.

It's important for parents to establish what they expect the allowance will be used for. To buy treats or special items such as an MP3 player? To go to the movies? Once the ground rules have been laid, if a child runs out of money and asks for more, parents shouldn't hand it over; if they do, their kids won't learn how to manage their money.

A parents' job isn't to dictate how every penny will be spent but rather to guide and advise. For a six-year-old, that might mean taking a child to a store to show her what her allowance can buy and explaining what she could afford if she waited a week.

Some experts recommend dividing an allowance into three categories: spend, save and share. Spend is for the little things a child wants to buy. Save is for something special. Share is to encourage giving to others. For example, if your child gets $10 a week, $6 could be to spend, $2 to save and $2 to share.

Swaine was 10 years old when her parents started giving her an allowance. They encouraged her to save some of it, which she did in a little purse, but didn't tie her allowance in with good grades or household chores. Parents shouldn't send the message that their children will only get paid if their rooms are clean.

"Kids should do chores because they belong to a family and their help is needed to run the household," says Judy Arnall, a parenting expert in Calgary and the author of Plugged-In Parenting. "Allowances are for learning how to handle money and make financial mistakes early, when the stakes are small." *– Allison Lawlor*

HOW MUCH DO YOU GIVE?

- Examine your disposable income. What's affordable for your family?
- Don't give much more or much less than your child's peers are getting.
- Go by age. So a five-year-old would get $5 a week, a six-year-old $6 and so on.
- Decide with your kids what you expect the money to cover—and what it won't.
- If you want your child to save, consider giving a larger allowance than if the money is meant only for spending.

Out of the mouth of kids

"If my parents won the lottery, I would buy the Eiffel Tower and put it in my backyard."

EVE WIGMORE, 9, VANCOUVER

Together, we'll invest in your child's future. Starting with $25.

Introducing BMO SmartSteps® for Parents.

BMO SmartSteps for Parents is a free online resource packed with helpful articles, fun games and activities to help you teach your children the value of money. Whether your child is 5 or 15, BMO SmartSteps for Parents has the expert advice and tips you need. After all, it's important to make them money-smart – right from the start.

And, for a limited time, when you open a BMO® youth discounted banking plan and deposit $25, we'll contribute another $25 to your child's savings[1]. After all, knowledge is worth investing in.

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Charlie Sheen says the police took his children away, but claims his kids will be proud of their dad's erratic behaviour Does he have a point?

DONATO SARDELLA/WIREIMAGE/GETTY IMAGES

▶ Charlie and daughter Sam Sheen in 2007.

The sins of the father

FRED GASTONE
LIFE@METRONEWS.CA
METRO WORLD NEWS

Last week, police entered Charlie Sheen's home and removed his twin sons, according to Sheen, after a court granted a restraining order to his estranged wife, Brooke Mueller.

This is not surprising. Among the many bizarre statements Charlie Sheen made to the media recently — calling himself a warlock, claiming he's cured his drug addiction by closing his eyes — one stands out if you're a parent.

It's this:

NBC reporter: *Are you embarrassed that your children will read about this one day?*

Charlie Sheen: *God no. Talk about an education. They'll be like, 'That's the guy and we can get all the answers and the truth? Wow!' Winning!"*

Perhaps his children will be proud of dear old dad, who has been accused of shooting his girlfriend, overdosing on cocaine, leaving his kids with porn stars and destroying a New York hotel room.

Perhaps not.

But Sheen brings up an interesting question: Might there be "answers" found in a parent's addiction or erratic behaviour? Could a child learn how to live better, if only by learning what not to do?

"Parents make mistakes and kids sometimes end up doing the exact opposite, which is sometimes true. Not for me," says Nick Flynn.

His acclaimed memoir Another Bullshit Night in Suck City chronicled his estranged relationship with his alcoholic father, who he re-met while working at a homeless shelter (the movie version, starring Robert De Niro as dad, starts filming this week).

"I did similar things that my parents did. And addiction tends to get passed along unless something interrupts it — the cops maybe," said Flynn.

"That said, all the attention that Mr. Sheen is getting right now seems to fuel him. And that's a lesson that we're passing on to his children. That this engine is a benefit of this behaviour. So I think we're also part of it. The spectacle is part of it."

That makes the observation of Dr. Richard Warshak, author of Divorce Poison: How to Protect Your Family from Badmouthing and Brainwashing, all the more painful.

"We can hope that children will identify with their parents' good traits, and learn from their parents' errors," he says. But it's the attention that adds to the sting: "Children are embarrassed when their parents' flaws become public."

Sheen, for one, says he plans to rededicate himself to his family.

"Dude, you're 45 with five kids," he told NBC. "Let's do something different. Because this thing is boring." This "thing" might also be instructive — at least to other parents.

Next time you party, behave yourself and be careful what goes online. There are easier ways for your kids to learn lessons than reading about you on TMZ. Good parenting, warlocks: Winning!

Sheen's 5 kids

1. **Cassandra Jade Estevez**, age 26, with girlfriend Paula Profit
2. & 3. **Sam J. Sheen**, 6, and **Lola Rose Sheen**, 5, with then-wife Denise Richards
4. & 5. **Bob and Max Sheen**, twins, 1, with then-wife Brooke Mueller

3 life

Energize kids

Here are some healthy snack ideas for your kids.

- Lightly salted air-popped popcorn is a perfect alternative to chips. It's high in fibre and low in fat.
- Instead of candy, serve up a bowl of fruit. It will satisfy your child's sweet tooth.
- Substitute a soft drink for a glass of skim milk. Milk is high in calcium. Stir in a dash of vanilla or almond for any extra yum factor.

NEWS CANADA

How do you choose the right sport for your child? To find out, scan this code or visit metronews.ca.

NEWS CANADA

Almond Chocolate Chews

This no-bake recipe for Chocolate Almond Chews, developed for the Almond Board of California by Trish Magwood, author of the James Beard award winning cookbook Dish Entertains, and TV host of Party Dish, is perfect as an after-school snack.

Kids will also love to help make it because of the simple assembly.

Make the snack even more fun by putting it in a little pastry box or Chinese take-out box with a brown wool string and tie on a recycled gift card, and have your child take it to school during a special time such as someone's birthday.

Preparation:

1. In a large double boiler or large bowl over gently simmering water, melt chocolate and butterscotch chips for about 10 minutes.
2. Once melted, turn off heat. Add raisins, cranberries, pretzels and almonds.
3. Gently stir making sure no water gets into the bowl.
4. Drop teaspoonfuls onto wax paper lined cookie sheet.
5. Refrigerate until set for about 30 minutes.

NEWS CANADA

Ingredients:

- 1 package (2 cups, 500 mL) butterscotch chips
- 1 package (2 cups, 500 mL) chocolate chips
- 1 cup (250 mL) raisins
- 1 cup (250 mL) dried cranberries
- 1 ½ cups (375 mL) salted pretzels, broken in half
- 2 cups (500 mL) whole almonds, dry roasted (or substitute with whole almonds, salted)

Pancakes for dinner? Why not

Whether or not you'll be celebrating Shrove Tuesday tomorrow, these fluffy buttermilk pancakes are a filling meal for any time of the day

FLICKR: ELLIE

▶ For larger pancakes use a 1/3 cup (75 mL) or 1/2 cup (125 mL) measure or ladle.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Each year, many families enjoy Shrove Tuesday or Fat Tuesday, which is the first day leading the 40 days of lent before Easter.

Eating pancakes for breakfast, lunch or dinner has always been a favourite thing to do in my house, and what's great about it is you may end up with leftovers to enjoy later in the week for a quick breakfast.

Preparation:

1. In a large bowl, whisk together flour, sugar, baking powder and soda and salt; set aside.
2. In another bowl, whisk together buttermilk, egg, butter and vanilla. Pour over flour mixture and whisk until combined but still slightly lumpy.
3. Brush a large nonstick skillet or griddle with some of the oil and place over medium high heat. Pour the batter using 1/4 cup (50 mL) measure and spread out slightly to form pancakes. Cook until bubbles begin to appear on top, about 3 minutes. Flip over and cook until golden brown, about 1 minute. Remove to plate and repeat with remaining batter.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, ON EMILY, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 1/2 cups (375 mL) all-purpose flour
- 3 tbsp (45 mL) granulated sugar
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/4 tsp (1 mL) salt
- 1 3/4 cups (425 mL) buttermilk
- 1 egg
- 2 tbsp (25 mL) butter, melted
- 2 tsp (10 mL) vanilla
- 1 tbsp (15 mL) vegetable oil

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New gadget may extend maple season — sweet!

Last year, when the sap stopped running from some of Bruce Curavoo's maple trees, it kept running in others.

His secret: A tiny adaptor that, when plugged into tap holes, helps reduce the amount of sap flowing back into trees from the vacuum tubing used to carry it to sugarhouses for boiling into maple syrup.

"They work," says Curavoo, 36, of Starksboro, VA, who used the device on half his 5,000 trees last year and will use it on all of them this year.

The adaptors were developed by maple researchers at the University of Vermont to extend the six-week sugaring season.

By reducing backflow, the gadget limits the amount of naturally occurring pseudomonas bacteria, microorganisms that can end sap flow if they get back into the tree, causing it to reflexively wall off the tap hole as a defence.

Made of hard nylon, the adaptor is about an inch tall, sells for 35 cents per unit retail and looks like a tiny rocket ship. But developers say it has the potential to sharply boost sap yield. THE ASSOCIATED PRESS

JURY STILL OUT ON BAMBOO TOWELS

Are bamboo towels the greenest option when it comes to an eco-makeover of my bathroom?
Alina of Victoria

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA

Simply put, yes and no. Over the past few years, bamboo has gained popularity and has become a widely available option for products like textiles and flooring. When it comes to clothing and linens, the softness of this fabric is hard to resist, as is its breathability, wrinkle resistance and absorbency (an important towel characteristic).

Bamboo has been touted as a sustainable natural fibre because it's made from pulp.

But bamboo is actually a grass that grows in bamboo forests that are quick to regenerate and require little or no pesticides.

Where bamboo fabric falters on its green path is in the processing.

At first, harsh chemical solvents are used by some manufacturers to get the tough bamboo fibre into a form that could be woven into yarn. A similar process is used to make rayon.

New methods involve a closed-loop system that captures and reuses less toxic or nontoxic chemicals to dissolve the pulp.

How can you tell which processing method was used to make your new towel? Research the manufacturer or look for the Oeko-Tex label. It provides third-party certification that products have been manufactured using environmentally friendly processes.

David Suzuki Foundation

Going green gets easier

These simple tips will get you started on taking the big guesswork out of greening-up your home Bring a new level of freshness to your abode

If your New Year's resolution included a commitment to green living, it can be hard to know where to start. The first step in your eco-makeover can feel like the hardest, but it doesn't have to be. Follow these tips and you'll be on your way to clean, green living.

Lose the bag

Plastic bags are building up in landfills at an alarming rate. To stop the plastic build up in your home, make the switch to reusable cloth bags for your groceries and daily shopping.

They fit easily in your purse, glove compartment or desk drawer and typically hold more products than a traditional plastic shopping bag.

Hang out

Hang-drying your laundry is a great way to cut down on energy costs. Putting up a clothes line is easy and cost effective. Hanging your clothes to dry is a great way to cut back on the use of energy-hogging appliances like dryers, and free up money for some fun activities.

Recycle and Reuse

Recycling is great, but reusing a product before it hits the recycling bin is an even better way to be environmentally friendly. Reusing products can be easier than you think. Clean yogurt containers are great for storing the clothes pins for your laundry line; wrapping paper from gifts doubles as fun liners for your drawers and cupboard shelves; and leftover Christmas cards are great for kids' craft projects. By repurposing products, you're making a commitment to the environment and keeping extra money in your pocket, too.

ISTOCK

▶ Look around your home for opportunities to improve your green lifestyle.

Connect

Sharing tips and tricks with others is a great way to get new ideas for going green. Finding a community of people dedicated to living green is a great way to stay on track with your goals and have a resource for your questions. Join online communities like the Green Works Facebook page.

Going green doesn't have to be difficult and it can bring a whole new level of freshness to your home.

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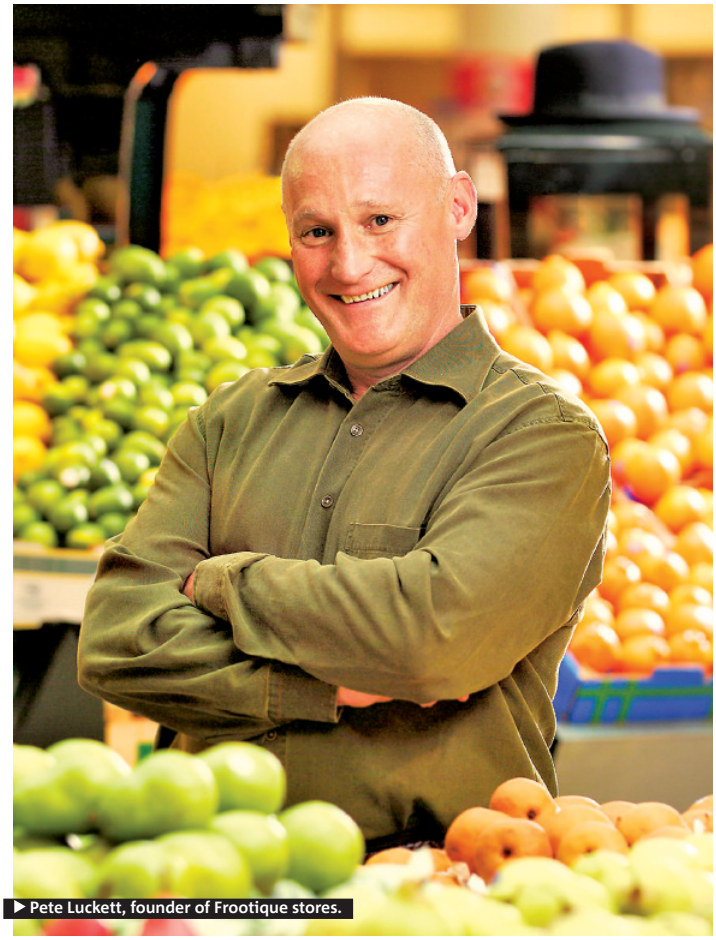


▶ Pete Luckett, founder of Frootique stores.

Everything Pete Luckett knows about life he learned from the produce business.

"As a little lad I used to do my Mom's shopping with a few shillings in my pocket."

He is an award-winning businessman, entrepreneur and media personality whose personality and charming English accent compliment his outstanding accomplishments.

Growing up in England, Pete Luckett was running his first fruit stall at the age of 21. Anxious to travel the world, he settled in Canada in 1979. After a failed attempt at farming near Moncton he hitchhiked to St. Johns and went back into the food market business.

"I sweet-talked the owner of the market to let me have a booth and with my last 300 bucks I started my first fruit stand."

Powered by Pete's determination and savvy business principals, Pete's Frootique stores have won multiple awards and are now one of Eastern Canada's strongest brands.

"You've gotta go through hardship to be able to survive. It may be tough at the time, but it builds character and helps you get through the next challenge you face."

Good eats

Pete says, "Life is like the produce business."

- Kiss the old stuff goodbye and dump it.
- The sooner you get over your last loss, there's a box of new apples to move on to.

Cell world

BOOK REVIEW

CRAIG LUND
WORK@METRONEWS.CA

It seems the world is getting smaller by the minute. Originally we thought it was the Internet that was leading this shrinkage, however, it's more likely mobile phones.

David Clemons and Michael Kroth, PhD, authors of Managing the Mobile Workforce, feel given that in 2008 over 3.9 billion mobile subscriptions existed and "is predicted to reach 5.6 billion by 2013" the world of business needs to chip away at its brick and mortar approach to managing the workforce.

The mobile workforce is best described as "individuals who are not physically located within a centralized physical building and those who move between work locations within a centralized location, and who are able to access company resources through private networks, the Internet and mobile networks."

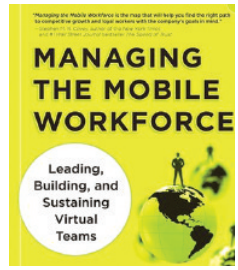
For most businesses this model has endless potential ranging from the financial relief of having to supply real estate to house staff, access to high calibre talent... if not the best talent in the world (wherever they may be) and of course a highly committed workforce who are happy to work more productively whilst eliminating their commute. All this is fine and dandy of course... if the employer can establish trust. "Establishing trust mobilely is one of the most difficult things you'll have to accomplish as a leader, and yet it is the key to long term success".

Clemons and Kroth state that this is not a new paradigm to adopt, but rather a model that is "unavoidable". Mobile technology is changing not just where we think people should work, but how that work gets done.

The nay sayers suggest that working away from the office will kill your career because of the lack of visibility, this is unfounded. Using an analogy of Deloitte Chairman Sharon Allen, we see an example of someone at the top of the pyramid, who has excelled because of the mobile approach to doing her work...something Deloitte refers to as Mass Career Customization.

This book is your guide to mobile workforce 101.

CRAIG LUND IS THE PRESIDENT ELECT OF THE AMERICAN MARKETING ASSOCIATIONS TORONTO CHAPTER AND CAN BE REACHED AT HELLO@CRAIGLUND.CA



Post-mortem protection for your passwords

JON TATTRIE
LIFE@METRONEWS.CA

Do you ever wonder what happens to your virtual self after you die?

In an online world where passwords to vast amounts of critical workplace information are stored only in one person's head, there's a real risk your posthumous avatar will fall as silent as your fleshly existence after the last whistle blows.

Wave-of-the-future websites such as Deathswitch.com might just have the answer. The service allows individuals to load up the website with their passwords, financial information and even personal secrets.

The site will then email the user at regular intervals to check if they're still alive, and when they stop responding after a pre-determined period of time, this flips the Deathswitch and sends that information to the selected recipients. Thus, colleagues can carry on in the absence of their coworker.

Keith Murphy, CEO of the Ottawa-based information security firm Defence Intelligence, says many companies have no posthumous plans for protecting employee secrets and so lose them to an online purgatory, but he cautions against storing too much information on one external website.

"The basics of security is you would never want a single point of failure," he says.

Murphy suggests storing the actual information elsewhere – perhaps in a locked drawer – and using a Deathswitch-style email to tell colleagues how to locate it.

You could also send password hints to someone who could decode them.

Deathswitch in particular uses high-level security encryption that would thwart any hacker, and even the website's creator David Eagleman doesn't know what's stored on its servers.

He says the Deathswitch emails are good reminders to keep your work and personal affairs in order and take precautions to ensure that when you die, your virtual self can stick around long enough to pass on the critical information.

Education gets animated

Bam! Pow! Homegrown heroes of India's comic industry are entertaining and teaching audiences

MARISH SAWRUP/THE ASSOCIATED PRESS

▶ Cartoonist couple Kshiraj Telang, right, with his wife, Swati, stand in front of their wedding poster during the Comic Con fair in New Delhi, India.

The superhero — bulging legs stuffed into tight pants, broad chest adorned with a symbol of power — has vowed to fight the enemies of humanity. He is not Superman. He is not Batman.

He is Shaktimaan, protector of all humanity — at least in India.

In the cartoon skies over India soar a host of comic book superheroes that have little to do with the leotarded titans of the West.

Instead, the green-skinned and venomous Nagraj fights evil with snakes, widely worshipped across India, while three-eyed Shakti, clad in clingy leopard skins and skull ornaments, channels the Hindu death goddess Kali in waging her battle against the local scourge of female infanticide.

It's heroes like these — drawn from India's culture and mythology, and endowed with powers from Hindu gods — that the $65-million US Indian comic industry hopes will launch them into new media like animated TV shows, action films, advertising and digital Internet distribution.

Indian comic producers insist homegrown characters are best at connecting with the national public and diaspora — and even crucial for educating them about their culture. It's a formula they say has allowed them to compete with more sophisticated Western and Japanese comics since the 1960s, when the first Indian comics were launched with the Amar Chitra Katha series based on the ancient Sanskrit epics of Mahabarata and Ramayana.

"We have no need for new superheroes, we have so many of our own. The idea is to use the Indian stories, Indian mythology, in comic format to teach children about their history and culture," said Rushabh Sanghavi, marketing manager at ACK media, which publishes the Amar Chitra Katha as well as the wholesome children's series Tinkle.

Though the industry suffered during the 1990s as Western comics and Hollywood films invaded India's newly opened market and took hold, Indian comics have seen a revival in the last decade thanks to new funding and technologies for printing, animation, digitizing and distribution.

India saw its first feature-length animation in 2005, the story of the Hindu monkey god Hanuman. And several comics, including Shaktimaan, have been made into TV series

Animation schools and production companies have multiplied, drawing students away from the traditional tracts for medicine or engineering. The Picasso Animation College, which unleashed its first graduates last year, has five applicants for every $11,000 US tuition spot at its schools in Delhi and across India, placement director Shelly Walia said.

Comics are increasingly being used to advertise everything from bubble gum to noodles. The Indian army has serialized the triumphs of its real-life heroes for its recruitment drive, while banks are turning to cartoons for easy-to-read staff instructions.

Reflecting the excitement, India hosted its first-ever Comics Conference in February, drawing 16,000 visitors — a modest number compared with the more than 130,000 who mobbed last year's four-day Comic Con in San Diego.

But for India's fledgling industry, it exceeded expectations, recovered organizers' investment of about US$40,000 and even inspired some to wear costumes, said Jatin Varma of production company Twenty Media Online.

Dressed as Jean Luc Picard of the Starship Enterprise, Varma said his production company Twenty Onwards Media wanted to get people "to take the comics industry seriously, because comics influence a lot of things in pop culture."

So in three months they put together the two-day Comic Con at New Delhi's Dilli Haat crafts exhibition complex, allowing publishers to meet freelance artists, story writers to hear fans' feedback, and distributors to search out new products for the market.

THE ASSOCIATED PRESS

Cultured comics

Diamond Comics is one of India's most established companies.

- With a yearly turnover of about US$5.6 million, Diamond has kept its foothold in the industry by maintaining characters that are the every-man of India – wily moustachioed uncle Chacha Chaudhary, mischievous school children Pinki and Billu, or the meddlesome fat woman who lives next door to Channi Chachi.
- "You will never find any murder, mystery or ... blood" in our comics, said Diamond's founder and managing director Gulshan Rai. "We have got fantasy, fun and culture. We maintain the grace of Indian culture."

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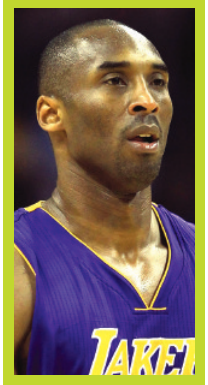

"We know we're capable of having games like this and San Antonio knows we're capable of having games like this. It just as easily could go the other way around."

LAKERS STAR KOBE BRYANT ON BEATING THE SPURS 99-83 YESTERDAY. THE LOS ANGELES WIN ENDED SAN ANTONIO'S FRANCHISE-RECORD HOME WINNING STREAK AT 22 GAMES.

"We need to be at our peak later on. Not right now."

LAKERS FORWARD PAU GASOL

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Curling. Brier

▶ Alberta third John Morris, left, and skip Kevin Martin strike similar poses in Draw 4 against British Columbia yesterday..

THE CANADIAN PRESS

Alberta skip yet to be beaten in bid to defend title

Alberta skip Kevin Martin started the day with an 8-6 victory over New Brunswick before downing B.C.'s Jim Cotter 8-2 in seven ends yesterday afternoon at the Tim Hortons Brier in London, Ont. It was Martin's record 29th straight Brier victory and 100th overall. Martin said he doesn't pay much attention to landmark achievements, adding his only big goal for down the road is to defend his Olympic title at the 2014 Sochi Games in Russia. There are 12 teams competing in the round robin — one rink from each province plus entries from Northern Ontario and the Territories.

Iginla joins elite club with marker

Flames winger just the tenth NHL player to record 10 or more 30-goal seasons in a row

3	2
FLAMES	PREDATORS

Jarome Iginla made NHL history with his 30th goal and Curtis Glencross scored the game-winner as the Calgary Flames won 3-2 last night over the Nashville Predators.

Iginla's penalty-shot goal in the second period, which tied the game 2-2, made the 33-year-old just the 10th player in NHL history to score 30 goals in 10 or more consecutive seasons.

Mike Gartner and Jaromir Jagr, who accomplished it most recently (1991-92 to 2006-07) top the list at 15 consecutive seasons.

Mark Giordano also scored for Calgary (35-24-9), which moved into sole possession of fifth place in the Western Conference.

Calgary is 15-3-3 in its last 21 games and has been especially hot at the Scotiabank Saddledome, losing just once in regulation in its last 14 games.

Martin Erat and Ryan Suter scored for Nashville (33-24-9), which sits in a three-way tie with Anaheim and Minnesota for ninth place in the West, one point back of the Los Angeles Kings.

Iginla was awarded the penalty shot 59 seconds into the second period when he was tugged from behind by Sergei Kostitsyn as he broke in on Nashville goalie Pekka Rinne. He cut to his right and slid the puck through Rinne's legs to tie the game.

Midway through the third period, Glencross jammed in a rebound off a Rene Bourque shot to put the Flames into the lead.

Making his 20th straight start, Miikka Kiprusoff made 21 saves to improve to 31-20-5.

Kiprusoff's best stops came in a mad scramble in the game's final seconds as the Predators poured on the pressure with Rinne pulled for an extra attacker. With five seconds left, defenceman Shea Weber bombed a slapshot from the blue-line that Kiprusoff sprawled to get a piece of.

Rinne made 33 stops, falling to 0-4-2 in his career versus the Flames, one of only three teams he hasn't beaten.

THE CANADIAN PRESS

Canada defeats Mexico in Davis Cup, will meet Ecuador

For Milos Raonic, success at the Davis Cup isn't just about winning tennis matches. It's also about helping grow the sport in Canada.

The hard-serving Raonic won his second-straight singles match yesterday, defeating Daniel Garza to lead Canada over Mexico in its Davis Cup tie.

The 20-year-old from Thornhill, Ont., ranked No. 37 in the world, won 7-5, 6-3, 6-2, on the clay surface to seal Canada's victory in the best-of-five Americas Zone Group 1 first-round tie.

After Raonic clinched the victory, Peter Polansky, also of Thornhill, won the dead rubber, beating Manuel Sanchez 6-4, 6-1 to give Canada a 4-1 win over Mexico.

The victory vaulted Canada into a second-round pairing with Ecuador in July.

THE CANADIAN PRESS

Bulls hand Heat fourth loss in a row

Derrick Rose scored 27 points, Luol Deng capped an 18-point effort with two free throws that put Chicago ahead for good, and the Bulls beat Miami 87-86 yesterday to hand the Heat their fourth straight loss.

Carlos Boozer scored 12 and Joakim Noah added 11 for the Bulls, who moved a game ahead of Miami into outright possession of second place in the Eastern Conference and beat the Heat for the third time this season.

The Heat led by as many as 12 points yesterday.

THE ASSOCIATED PRESS

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d-Boston	65	38	19	3	5	199	152	84	16-12-2-2	22-7-1-3	7-2-1-0	L1
d-Washington	66	36	20	5	5	176	166	82	19-8-2-5	17-12-3-0	7-3-0-0	W4
Pittsburgh	67	38	21	5	3	193	166	84	20-11-2-0	18-10-3-3	3-3-3-1	W1
Tampa Bay	65	37	21	3	4	195	198	81	21-8-1-3	16-13-2-1	4-4-0-2	L3
Montreal	66	36	23	4	3	176	167	79	20-8-3-3	16-15-1-0	6-3-0-1	W4
NY Rangers	68	35	29	2	2	193	164	74	15-17-1-2	20-12-1-0	5-5-0-0	W2
Buffalo	65	32	25	7	1	189	187	72	14-15-2-1	18-10-5-0	5-3-1-1	W2
Carolina	66	31	26	4	5	191	201	71	18-10-1-2	13-16-3-3	5-4-0-1	L1
Toronto	66	29	28	4	5	173	202	67	15-12-3-4	14-16-1-1	6-1-1-2	L1
Atlanta	66	27	28	4	7	184	214	65	14-14-1-5	13-14-3-2	3-6-0-1	W1
New Jersey	65	30	31	3	1	139	168	64	15-13-2-1	15-18-0-1	9-1-0-0	W4
Florida	66	26	31	5	4	165	184	61	12-13-5-3	14-18-0-1	2-6-2-0	L5
NY Islanders	67	25	32	5	5	184	212	60	14-15-1-4	11-17-4-1	4-3-2-1	L1
Ottawa	65	22	34	5	4	147	206	53	11-18-2-3	11-16-3-1	5-4-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	67	42	16	4	5	216	155	93	23-7-1-4	19-9-3-1	6-4-0-0	W2
d-Detroit	66	39	19	5	3	219	193	86	17-10-3-2	22-9-2-1	5-3-1-1	L3
d-San Jose	66	38	22	4	2	185	167	82	17-11-2-1	21-11-2-1	8-2-0-0	L1
Chicago	66	37	23	2	4	218	183	80	21-14-0-0	16-9-3-3	9-1-0-0	W8
Calgary	68	35	24	3	6	207	193	79	21-10-1-3	14-14-2-3	7-2-0-1	W2
Phoenix	67	34	23	6	4	191	194	78	16-11-3-2	18-12-3-2	5-4-0-1	W1
Dallas	65	35	23	3	4	180	183	77	18-9-2-3	17-14-1-1	4-5-1-0	W1
Los Angeles	65	36	25	2	2	180	159	76	20-11-1-0	16-14-1-2	6-3-0-1	L1
Anaheim	66	35	26	3	2	182	193	75	20-11-1-1	15-15-2-1	4-5-1-0	L1
Minnesota	66	34	25	2	5	171	174	75	16-13-1-3	18-12-1-2	4-4-1-1	L1
Nashville	66	33	24	5	4	167	156	75	15-7-4-3	18-17-1-1	3-5-1-1	L1
Columbus	64	31	26	3	4	176	191	69	16-13-0-2	15-13-3-2	5-3-0-2	L4
St. Louis	65	28	27	5	5	177	194	65	18-11-1-3	10-17-3-2	3-7-0-0	L4
Colorado	65	26	31	7	1	185	224	60	14-16-4-0	12-15-3-1	1-7-1-1	L5
Edmonton	66	23	35	1	7	169	215	54	12-19-1-3	11-16-1-3	7-3-0-0	W3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Calgary 3 Nashville 2
Vancouver 3 Anaheim 0
Buffalo 3 Minnesota 2 (OT)
New Jersey 3 N.Y. Islanders 2 (SO)
N.Y. Rangers 7 Philadelphia 0
Washington 3 Florida 2 (OT)

Saturday's results
Chicago 5 Toronto 3
Edmonton 5 Colorado 1
Montreal 4 Tampa Bay 2
Vancouver 3 Los Angeles 1
Atlanta 4 Florida 3 (OT)
Buffalo 5 Philadelphia 3
Dallas 3 San Jose 2
N.Y. Islanders 5 St. Louis 2
Phoenix 5 Detroit 4 (SO)
Pittsburgh 3 Boston 2 (OT)

Tonight's games
Washington at Tampa Bay, 7 p.m.
Columbus at St. Louis, 9 p.m.
Dallas at Los Angeles, 10:30 p.m.

Tomorrow's games
Ottawa at New Jersey, 7 p.m.
Toronto at N.Y. Islanders, 7 p.m.
Edmonton at Philadelphia, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Boston at Montreal, 7:30 p.m.
Chicago at Florida, 7:30 p.m.
Colorado at Minnesota, 8 p.m.
Vancouver at Phoenix, 9 p.m.
Nashville at San Jose, 10:30 p.m.

CANUCKS 3, DUCKS 0

First Period
1. Vancouver, Malhotra 10 (Hansen, Torres) 0:42
Penalties — Hansen Vcr (interference) 9:59, Salo Vcr (interference) 18:02.
Second Period
2. Vancouver, Malhotra 11 (Hansen) 0:17
Penalties — Perry Ana (charging) 7:40, Ballard Vcr (closing hand on puck) 16:48, Selanne Ana (slashing) 18:17, Ehrhoff Vcr (hooking) 18:41.
Third Period
3. Vancouver, D.Sedin 34 (Samuelsson, H.Sedin) 6:06 (pp)
Penalties — McMillan Ana (tripping) 5:38, Ballard Vcr (kneeing), Brookbank Ana (roughing) 17:29, Perry Ana (roughing) 18:40, Rome Vcr (elbowing, roughing; served by Torres), Beauchemin Ana (roughing) 19:02.
Shots

Vancouver	5	6	5	16
Anaheim	7	10	9	26

Goal — Vancouver: C.Schneider (W,12-3-2); Anaheim: Ellis (L,16-8-7). **Power-plays (goals-chances)** — Vancouver: 1-3; Anaheim: 0-4.
Referees — Dan O'Rourke, Brian Pochmara.
Linesmen — Mike Cvik, Thor Nelson.
Attendance — 16,356 (17,174).

FLAMES 3, PREDATORS 2

First Period
1. Nashville, Erat 11 (Blum, Legwand) 2:47
2. Calgary, Giordano 6 (Jokinen) 7:15 (pp)
3. Nashville, Suter 3 (Erat, Legwand) 15:58
Penalties — Sarich Cal (high-sticking) 4:49, Blum Nash (tripping) 6:26, Glencross Cal (hooking) 16:36.
Second Period
4. Calgary, Iginla 30, 0:59 (penalty shot)
Penalty — Modin Cal (hooking) 8:32.
Third Period
5. Calgary, Glencross 22 (Jokinen, Bouwmeester) 10:23
Penalty — Smithson Nash (holding) 5:19.
Shots

Nashville	9	4	10	23
Calgary	9	13	14	36

Goal — Nashville: Rinne (L,23-19-7); Calgary: Kiprusoff (W,31-20-5). **Power-plays (goals-chances)** — Nashville: 0-3; Calgary: 1-2.
Referees — Steve Kozari, Justin St-Pierre.
Linesmen — Michel Cormier, Brad Lazarowich.
Attendance — 19,289 (19,289).

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	34	47	81
Stamkos, TB	41	37	78
H.Sedin, Vcr	15	61	76
St. Louis, TB	24	51	75
Zetterberg, Det	18	51	69
Perry, Ana	31	37	68
Ovechkin, Wash	25	43	68
Crosby, Pgh	32	34	66
Iginla, Cal	30	36	66
Toews, Chi	27	38	65
B.Richards, Dal	24	39	63
Kopitar, LA	20	43	63
E.Staal, Car	29	33	62
Sharp, Chi	33	28	61
Eriksson, Dal	23	38	61
Selanne, Ana	21	39	60
Giroux, Pha	21	38	59
Kesler, Vcr	33	25	58
P.Kane, Chi	21	36	57
Havlat, Minn	20	37	57

SOCCER

ENGLAND

PREMIER LEAGUE
Yesterday's results
Liverpool 3 Manchester United 1
Wolverhampton Wanderers 3 Tottenham 3

GERMANY

BUNDESLIGA
Yesterday's results
Freiburg 1 Werder Bremen 3
Hamburger SV 2 Mainz 4

ITALY

SERIE A
Yesterday's results
Bologna 2 Cagliari 2
Chievo Verona 0 Parma 0
Fiorentina 3 Catania 0
Inter Milan 5 Genoa 2
Lazio 2 Palermo 0
Napoli 0 Brescia 0
Sampdoria 2 Cesena 3
Udinese 1 Bari 0

SCOTLAND

PREMIER LEAGUE
Yesterday's result
St. Mirren 0 Rangers 1

SPAIN

LA LIGA
Yesterday's results
Athletic Bilbao 2 Sevilla 0
Hercules 1 Almeria 2
Levante 1 Espanyol 0
Malaga 0 Osasuna 1
Racing Santander 1 Real Madrid 3
Sporting Gijon 2 Getafe 0

TENNIS

WTA MALAYSIAN OPEN
At Kuala Lumpur, Malaysia
SUNDAY
Singles — Championship
Jelena Dokic, Australia, def. Lucie Safarova (5), Czech Republic, 2-6, 7-6 (9), 6-4.
SATURDAY
Singles — Semifinals
Lucie Safarova (5), Czech Republic, def. Jarmila Groth (4), Australia, 6-2, 3-6, 6-3.
Jelena Dokic, Australia, def. Michaella Krajicek, Netherlands, 6-2, 6-3.

WTA MONTERREY OPEN
At Monterrey, Mexico
SUNDAY
Singles — Championship
Anastasia Pavlyuchenkova (2), Russia, def. Jelena Jankovic (1), Serbia, 2-6, 6-2, 6-3.
SATURDAY
Singles — Semifinals
Jelena Jankovic (1), Serbia, def. Polona Hercog (8), Slovenia, 6-3, 6-2.
Anastasia Pavlyuchenkova (2), Russia, def. Gisela Dulko, Argentina, 6-4, 6-1.

DAVIS CUP
CANADA VS. MEXICO
At Metepec, Mexico
Canada 4, Mexico 1
SUNDAY
Reverse Singles
Milos Raonic, Thornhill, Ont., def. Daniel Garza, Mexico, 7-5, 6-3, 6-2.
Frank Dancevic, Niagara Falls, Ont., def. Manuel Sanchez, Mexico, 6-4, 6-1.
SATURDAY
Doubles
Milos Raonic, Thornhill, Ont., and Vasek Pospisil, Vernon, B.C., def. Luis Diaz-Barriga and Miguel Angel Reyes-Varela, Mexico, 4-6, 6-3, 6-4, 6-4.
FRIDAY
Singles
Daniel Garza, Mexico, def. **Frank Dancevic, Niagara Falls, Ont.**, 2-6, 4-6, 6-2, 6-3, 6-4.
Milos Raonic, Thornhill, Ont., def. Manuel Sanchez, Mexico, 6-2, 6-2, 6-1.

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION	W	L	Pct	GB
Boston	46	15	.754	—
New York	32	29	.525	14
Philadelphia	32	30	.516	14½
New Jersey	19	43	.306	27½
Toronto	17	46	.270	30
SOUTHEAST DIVISION				
Miami	43	20	.683	—
Orlando	40	23	.635	3
Atlanta	37	26	.587	6
Charlotte	26	36	.419	16½
Washington	16	46	.258	26½
CENTRAL DIVISION				
Chicago	43	18	.705	—
Indiana	27	35	.435	16½
Milwaukee	23	38	.377	20
Detroit	23	41	.359	21½
Cleveland	12	50	.194	31½

WESTERN CONFERENCE

SOUTHWEST DIVISION	W	L	Pct	GB
San Antonio	51	12	.810	—
Dallas	45	17	.726	5½
New Orleans	37	28	.569	15
Memphis	35	29	.547	16½
Houston	32	32	.500	19½
NORTHWEST DIVISION				
Oklahoma City	39	22	.639	—
Denver	37	27	.578	3½
Portland	35	27	.565	4½
Utah	33	30	.524	7
Minnesota	15	49	.234	25½
PACIFIC DIVISION				
L.A. Lakers	45	19	.703	—
Phoenix	32	29	.525	11½
Golden State	27	35	.435	17
L.A. Clippers	23	40	.365	21½
Sacramento	15	45	.250	28

Yesterday's results
Boston 89 Milwaukee 83
Chicago 87 Miami 86
Detroit 113 Washington 102
L.A. Lakers 99 San Antonio 83
Memphis 104 Dallas 103
New Orleans 96 Cleveland 81
New York 92 Atlanta 79
Oklahoma City 122 Phoenix 118 (OT)
Philadelphia 125 Golden State 117 (OT)

Saturday's results
Houston 112 Indiana 95
L.A. Clippers 100 Denver 94
Portland 93 Charlotte 69
Utah 109 Sacramento 102 (OT)
Washington 103 Minnesota 96

At London
New Jersey 137 Toronto 136 (3OT)

Tonight's games
L.A. Clippers at Charlotte, 7 p.m.
Portland at Orlando, 7 p.m.
Utah at New York, 7:30 p.m.
New Orleans at Chicago, 8 p.m.
Oklahoma City at Memphis, 8 p.m.
Dallas at Minnesota, 8 p.m.
Houston at Sacramento, 10 p.m.

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
Pakistan	3	3	0	0	0	6
Australia	3	2	1	0	1	5
Sri Lanka	4	2	1	1	1	5
New Zealand	3	2	0	1	0	4
Zimbabwe	3	1	0	2	0	2
Canada	3	0	0	3	0	0
Kenya	3	0	0	3	0	0

GROUP B

	MP	W	T	L	NR	Pt
India	3	2	1	0	0	5
England	4	2	1	1	0	5
South Africa	3	2	0	1	0	4
West Indies	3	2	0	1	0	4
Bangladesh	3	1	0	2	0	2
Ireland	3	1	0	2	0	2
Netherlands	3	0	0	3	0	0

Yesterday's results
At Bangalore, India
India (210 for five) def. Ireland (207, all out) by five wickets.
At Chennai, India
England (171) def. South Africa (165) by six runs.
Saturday's result
At Colombo, Sri Lanka
Australia vs. Sri Lanka (ppd., rain; both teams earn a draw and one point)
Today's Match
At New Delhi
Canada vs. Kenya

GOLF

PGA HONDA CLASSIC
At Palm Beach Gardens, Fla.
Par 70
Final Round

Rory Sabbatini, $1,026,000	71-64-66-70—271
Y.E. Yang, $615,600	68-71-67-66—272
Jerry Kelly, $387,600	71-67-68-67—273
Ricky Barnes, $273,600	70-68-71-67—276
Tommy Gainey, $228,000	71-67-71-68—277
Graeme McDowell, $184,538	73-71-70-64—278
Jeff Overton, $184,538	69-72-69-68—278
Matt Bettencourt, $184,538	70-70-69-69—278
Gary Woodland, $184,538	71-68-68-71—278
Luke Donald, $136,800	73-68-72-66—279
Hiroyuki Fujita, $136,800	72-71-69-67—279
Stuart Appleby, $136,800	68-70-72-69—279
Charles Howell III, $136,800	71-71-67-70—279
Spencer Levin, $102,600	67-72-73-68—280
Hunter Haas, $102,600	70-71-71-68—280
Charl Schwartzel, $102,600	68-69-74-69—280
Justin Hicks, $82,650	73-68-73-67—281
Marc Leishman, $82,650	72-72-69-68—281
Justin Leonard, $82,650	70-71-70-70—281
Matt Kuchar, $82,650	69-70-72-70—281
Robert Allenby, $63,840	71-73-71-67—282
Richard Johnson, $63,840	72-71-72-67—282
Roland Thatcher, $63,840	70-73-68-71—282
Sean O'Hair, $47,310	70-70-73-70—283
Nathan Green, $47,310	73-67-73-70—283
Webb Simpson, $47,310	74-67-71-71—283
Kent Jones, $47,310	72-71-69-71—283
Kyle Stanley, $47,310	68-66-74-75—283
Lee Westwood, $35,462	70-69-75-70—284
Ben Curtis, $35,462	72-74-70-68—284
Chad Campbell, $35,462	74-70-70-70—284
Chris Kirk, $35,462	73-70-71-70—284
Fredrik Jacobson, $35,462	74-68-71-71—284
Colt Knost, $35,462	74-69-70-71—284
Davis Love III, $35,462	73-70-69-72—284
John Senden, $26,847	70-71-74-70—285
Chris Couch, $26,847	70-70-75-70—285
Alex Cejka, $26,847	71-74-71-69—285
Carl Pettersson, $26,847	70-71-75-69—285
Ian Poulter, $26,847	74-71-73-67—285
J.J. Henry, $22,800	71-70-74-71—286
William McGirt, $22,800	75-70-72-69—286
Cameron Tringale, $17,357	71-70-74-72—287
Kenny Perry, $17,357	71-72-73-71—287
Greg Chalmers, $17,357	68-72-76-71—287
Josh Broadaway, $17,357	78-68-68-73—287
Jimmy Walker, $17,357	74-67-72-74—287
Blake Adams, $17,357	73-73-72-69—287
Henrik Stenson, $17,357	74-70-76-67—287
D.A. Points, $17,357	74-72-76-65—287
Jason Dufner, $13,595	75-67-72-74—288
Edoardo Molinari, $13,595	73-73-72-70—288
Stephen Ames, $13,595	**73-72-74-69—288**
Scott Gutschewski (19), $13,595	73-70-69-76—288
Brian Gay, $12,996	74-70-72-73—289
Paul Goydos, $12,996	73-72-72-72—289
Nick Price, $12,996	70-74-73-72—289
Shaun Micheel, $12,540	74-71-72-73—290
Vaughn Taylor, $12,540	71-75-72-72—290
Alex Prugh, $12,540	74-71-74-71—290
Andres Romero, $12,540	72-74-75-69—290
Marc Turnesa, $12,540	75-71-76-68—290
Kevin Streelman, $12,027	73-71-74-73—291
Chris Stroud, $12,027	73-69-77-72—291
Brendan Steele, $12,027	74-71-76-70—291
David Duval, $12,027	74-71-77-69—291
Chad Collins, $11,685	74-72-72-74—292
Jeff Maggert, $11,685	75-70-76-71—292
David Mathis, $11,514	71-72-75-77—295
Rory McIlroy, $11,286	73-71-77-75—296
Jhonattan Vegas, $11,286	76-70-77-73—296
Ernie Els, $11,286	75-71-78-72—296
Trevor Immelman, $11,001	74-71-77-76—298
Steve Flesch, $11,001	73-73-78-74—298
Josh Teater, $10,830	75-70-79-75—299
J.P. Hayes, $10,716	76-69-77-79—301
Louis Oosthuizen	75-70-75—WD

NATIONWIDE PACIFIC RUBIALES BOGOTA OPEN
At Bogota, Colombia
Par 71
(final two rounds cancelled due to rain)

Brenden Pappas, $108,000	67-66—133
Matt Every, $64,800	67-67—134
Julian Etulain, $27,060	67-68—135
Clayton Rask, $27,060	66-69—135
Won Joon Lee, $27,060	69-66—135
Scott Brown, $27,060	69-66—135
David Vanegas, $27,060	66-69—135
Bubba Dickerson, $17,400	70-66—136
Tyrone Van Aswegen, $17,400	67-69—136
Darron Stiles, $17,400	66-70—136

CURLING

TIM HORTONS BRIER
At London, Ont.
Yesterday's results
Third Draw
Alberta 8 New Brunswick 6
Manitoba 8 Nova Scotia 3
Northern Ontario 11 Northwest/Yukon Territories 8
Quebec 10 Prince Edward Island 3
Fourth Draw
Alberta 8 British Columbia 2
Newfoundland & Labrador 7 Northern Ontario 6 (extra end)
Ontario 7 Nova Scotia 4
Saskatchewan 8 Quebec 7 (extra end)
Fifth Draw
British Columbia 6 Newfoundland & Labrador 5
Manitoba 9 Prince Edward Island 4
Northwest/Yukon Territories 8 New Brunswick 7 (extra end)
Ontario 10 Saskatchewan 3
Saturday's results
First Draw
Manitoba 10 British Columbia 4
New Brunswick 5 Ontario 4
Newfoundland & Labrador 12 Prince Edward Island 1
Saskatchewan 6 Northwest/Yukon Territories 4
Second Draw
Alberta 6 Northern Ontario 2
Manitoba 9 New Brunswick 4
Northwest/Yukon Territories 8 Prince Edward Island 6
Quebec 10 Nova Scotia 4

WORLD JUNIOR CURLING CHAMPIONSHIP
At Perth, Scotland
MEN
Yesterday's results
Draw Three
Switzerland 9 **Canada 7**
China 5 Scotland 4
Finland 8 Denmark 6 (extra end)
Norway 7 Czech Republic 3
Sweden 10 U.S. 1
Saturday's results
Draw One
Norway 9 **Canada 7** (extra end)
China 9 Denmark 2
Scotland 8 Finland 4
Switzerland 7 Sweden 6 (extra end)
Draw Two
Sweden 6 **Canada 5**
Denmark 8 Czech Republic 3
Finland 9 China 6
Norway 9 U.S. 3
Scotland 7 Switzerland 6
WOMEN
Yesterday's results
Second Draw
Canada 10 Norway 4
Russia 9 Czech Republic 6
Scotland 12 France 0
Sweden 7 Japan 6
U.S. 10 Switzerland 8
Third Draw
Japan 7 **Canada 6**
Norway 11 France 2
Russia 5 U.S. 2
Scotland 10 Switzerland 4
Sweden 8 Czech Republic 7
Saturday's results
First Draw
Sweden 9 **Canada 2**
Japan 7 Czech Republic 5
Russia 7 Switzerland 3
Scotland 10 Norway 2
U.S. 12 France 2

MLB

SPRING TRAINING
Yesterday's results
Toronto 5 Pittsburgh 0
Atlanta 5 Washington 0
Chicago Cubs (ss) 5 L.A. Dodgers 3 (10 ings)
Cincinnati 10 Chicago Cubs (ss) 0
Colorado 3 Cleveland 1
Detroit 2 Philadelphia (ss) 1
Florida 7 St. Louis 2 (8 ings)
Kansas City 8 Chicago White Sox 3
L.A. Angels 7 Arizona 2
Minnesota 3 Baltimore 0
N.Y. Mets 6 Boston 5
N.Y. Yankees 10 Houston 8
Oakland (ss) 5 Milwaukee (ss) 4
Philadelphia (ss) 5 Tampa Bay 4
San Diego 7 Oakland (ss) 6
San Francisco 6 Seattle 1
Texas 8 Milwaukee (ss) 1

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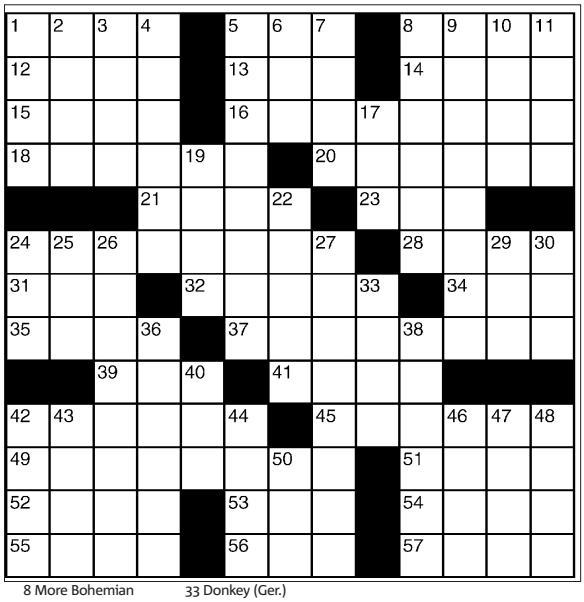
Crossword



Across

1 "Dragnet" star Jack
5 Newcomer to society
8 Winged
12 Verbal
13 Raw mineral
14 Hindu princess
15 Aware of
16 Seizing (from)
18 Jason of football
20 Rural steps
21 — Hari
23 Verily
24 High standing
28 Not medium or well-done
31 Actor Harrison
32 "Get — on!"
34 "Ben-Hur" author Wallace
35 Grand story
37 Tending to excrete
39 "Quiet!"
41 Humdinger
42 Get
45 Holly plants
49 Inquiry
51 Alpha follower
52 Grecian vessels
53 Joke
54 Grandson of Adam
55 Initial stake
56 Timecard abbr.
57 Nebr. neighbor

Down

1 Courts
2 Sea eagle
3 Shower alternative
4 Becomes a flower
5 Period of inactivity
6 Goof up
7 Honey bunch?
8 More Bohemian
9 Muhammad's foot-step-following daughter
10 Bancroft or Boleyn
11 Fixes illegally
17 Pigpen
19 — -tat-tat
22 Galore, in disco-era jargon
24 Before (Pref.)
25 Agent, for short
26 Current
27 Twilight times
29 Gun the engine
30 Female sheep
33 Donkey (Ger.)
36 Gliding dance step
38 "Jeopardy!" emcee Alex
40 Smack
42 Blue shade
43 Rotate
44 At hand
46 TV's "Warrior Princess"
47 Harrow rival
48 Back talk
50 Rowing tool

▶ Yesterday's answer

A	L	A	■	G	U	S	H	■	L	E	E	K
R	O	C	■	A	S	I	A	■	A	N	T	I
K	O	H	L	R	A	B	I	■	B	E	A	N
S	P	Y	I	N	G	■	R	H	O	■	■	■
■	■	■	F	E	E	■	C	A	R	R	O	T
B	E	G	E	T	■	M	U	G	■	A	P	E
L	I	A	R	■	P	A	T	■	A	J	A	R
O	R	E	■	F	A	X	■	P	S	A	L	M
C	E	L	E	R	Y	■	L	A	P	■	■	■
■	■	■	V	I	A	■	D	R	I	V	E	L
K	A	L	E	■	B	R	O	C	C	O	L	I
G	L	E	N	■	L	O	P	E	■	T	A	N
B	E	E	T	■	E	T	A	L	■	E	N	D

Sudoku

		6	9			4	1	
2						3		6
	3			6				2
	8				7	6		
			1		4			
		2	5				3	
3				7			4	
5		9						3
	6	1			8	7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	7	9	5	6	1	3	4	8
1	4	8	9	7	3	5	2	6
6	3	5	2	4	8	9	1	7
7	5	3	4	2	6	1	8	9
8	2	6	1	9	7	4	3	5
9	1	4	8	3	5	7	6	2
4	8	1	7	5	2	6	9	3
3	9	7	6	8	4	2	5	1
5	6	2	3	1	9	8	7	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

K,
You're my fraternal twin all the way, and one of the few people who takes me for who I am. Hope we get an answer from SGS soon, and that your HC smartens up and sends you one of these too. Sincerely, **PCD**

My lovely Nina, I am so lucky to find you in this crowded world. You are in a place so far far away, but I am sure we will be together again soon! Happy Birthday. Your darling, **EUGENE**

Beth B. I am sooo happy for you and your brand new baby girl! She is so beautiful and I can't wait for her to grow up into a beautiful women just like you. I can't tell you how thankful I am that you are in our lives. Smile big... Hopefully you will get some sleep soon! Yours always. **TURKEY**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -16° Max -12°	Min -16° Max -8°	Min -23° Max -4°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You won't have much time for someone who is too lazy to get off their backside and make things happen – and you'll let them know.

♉ Taurus April 21-May 21 It may be tempting to start something new today but you know you should be biding your time and conserving your energy.

♊ Gemini May 22-June 21 Play by the rules today, because if you cut corners in any way you will be found out and the results won't be too pleasant. People in positions of authority are watching you closely, so watch what you say and do.

♋ Cancer June 22-July 22 If you promised to do something for a friend but now find you don't want to, that's too bad. This is not something you can wriggle out of, not unless you are ready to see your reputation head south in a hurry!

♌ Leo July 23-Aug.23 Far too many people seem to have a say in your life at the moment and you've got to make an effort to change that.

♍ Virgo Aug. 24- Sept. 22 The more someone insists that you follow their example the more you must insist that you will go your own way, thank you very much. This is a battle of wills you cannot afford to lose, so be ruthless.

♎ Libra Sept. 23-Oct. 23 If there is something that has been gnawing away at your conscience now is the time to admit your guilt.

♏ Scorpio Oct. 24-Nov. 22 Someone you work with has made a mistake and is looking around for someone on whom they can pin the blame. Don't let it be you. Let them know that you will not be the fall guy, now or in the future.

♐ Sagittarius Nov. 23-Dec. 21 It's not like you to be cautious but for some reason you're reluctant to make changes. According to the planets you are right to hold back because later in the week you'll be snowed under in unexpected events

♑ Capricorn Dec. 22-Jan. 20 When Uranus changes signs towards the end of the week a new world of possibilities will open up for you. Are you ready to take advantage of them?

♒ Aquarius Jan. 21-Feb. 18 Something you said or did a few weeks ago will come back to upset your plans today, but there's nothing much you can do about it.

♓ Pisces Feb. 19-March 20 Try not to be too sensitive if someone makes a critical remark about you today. If they see you are hurt it will encourage them to be even more negative about you. Pretend you don't care. **SALLY BROMPTON**

Caption contest

FRANCOIS MORI/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ANDRE PENNER/THE ASSOCIATED PRESS

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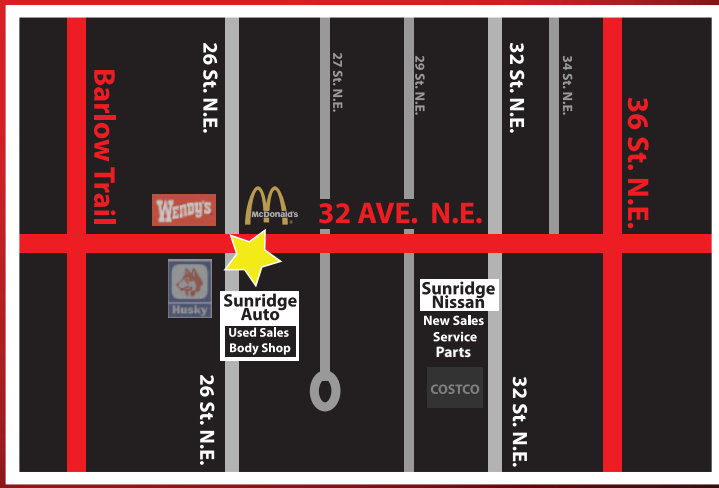

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